SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 36

Walking in historic footsteps

Before walking a tightrope over Niagara Falls, Nik Wallenda talks about his family, his faith and that next big goal PAGE 12

FARRELL RECALLS THE GOOD TIMES

ONCE RELUCTANT, ACTOR SAYS CLASSIC SCI-FI REMAKE WAS A GREAT EXPERIENCE PAGE 32

VANCOUVER metro®

Thursday, June 14, 2012

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Bike lanes are here to stay

Council decision. Advocates thrilled, but businesses remain worried about revenue

KATE WEBB
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Vancouver city council voted unanimously on Wednesday to keep the downtown separated bike lanes on Hornby and Dunsmuir just as they are, to the delight of cycling advocates and the disappointment of businesses that have lost revenues since they were put in as a pilot project two years ago.

Charles Gauthier, executive director of the Downtown Vancouver Business Improvement Association, cited an independent study commissioned last year that found the bike lanes were responsible for an 11 per cent drop in net business revenues on Hornby Street and four per cent on Dunsmuir Street.

He urged council to support the $2.5-million installation of right-turn signals on Dunsmuir at Seymour and Hornby streets as a way of mitigating the negative impacts on businesses.

Director of transportation Jerry Dobrovolny said staff had studied that option and it would require a complete reconstruction of at least two blocks of Dunsmuir Street, including an overhaul of existing lights, signals and trolley poles. He said sidewalks would have to be narrowed from three to 1.8 metres, which is the width of a sidewalk on a residential street, and it would also mean the removal of 14 trees and narrower bike lanes.

But council's main concern about the DVBIA-favoured option was that it would have a negative impact on pedestrian safety.

Bike-share plans, page 3

A woman pedals down the Hornby Street separated bike lane on Wednesday. PHYLICIA TORREVILLAS/METRO

St. Paul's reno gets go-ahead

Province commits half a billion dollars for hospital's modernization
PAGE 4

Trafficking and threats

Mother of teen allegedly forced into prostitution says experience left girl terrified
PAGE 16

Cutting-edge carnivores

Fire up the grill this summer and experience some new cuts of meat
PAGE 47

Celebrating dad's big day

Make this year's Fathers Day extra special. Metro shows you how in today's paper
PAGE 48-56

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Bike-sharing

City won't pursue helmet-law exemption

Vancouver will not seek an exemption from B.C.'s helmet law for adults cycling in urban areas, as some other cities have done to try to ensure the success of their public bike-sharing (PBS) systems.

Jerry Dobrovolny, director of transportation, says the system's owner and operator would have to subcontract a service provider to ensure Bixi users comply with the law.

"After each use, (each helmet) needs to be inspected for structural integrity to make sure it's still safe, and (for) hygiene, to be disinfected and returned," he said on Wednesday. Dobrovolny conceded that helmet-vending machines such as those used in other cities with PBS systems cannot do safety inspections.

"My assumption is that there are tremendous opportunities for social enterprise," he said.

City staff said they are learning from problems that arose in bike-sharing systems in the Australian cities of Brisbane and Melbourne, after helmet-vending machines and subsidized helmet-rental schemes failed to win over the cycling public.

KATE WEBB/METRO

Jerry Dobrovolny
METRO FILE

A Bixi bike-sharing station like this one in Toronto could become a familiar sight in downtown Vancouver next spring if Bixi and Alta Bicycle Share are chosen to operate the city's public bike-sharing system. PAT HEWITT/THE CANADIAN PRESS

Two firms pumped to run bike-share program

Short-haul commuting. City tries to allay fears of existing bike-rental companies

KATE WEBB
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Portland-based Alta Bicycle Share and Montreal-based Bixi emerged on Wednesday as the likely candidates to run Vancouver's public bike-sharing system (PBS), but private bike-rental companies are worried about the competition.

Under the proposal, Alta would be the system owner and operator, while Bixi would be a subcontractor, responsible for infrastructure, bikes and pay stations. The system is expected to be up and running by next spring.

Geoff Sharein, manager of Spokes Bicycle Rentals on West Georgia Street, went to city hall to watch the presentation and voice his concerns.

He said existing rental companies feel "like a mouse under the feet of an elephant."

"We'd like whoever is putting it in to be extremely careful so that we don't get crushed," he said.

City staff insist user fees would be set up to discourage people from using public bikes for anything but short-haul commuter trips, with fees rising sharply from $1.50 for the first hour to $8 an hour after 90 minutes.

Sharein said he was pleasantly surprised by councillors' receptiveness to the concerns raised by Vancouver's 12 or so bike-rental companies.

"It's just a matter of careful planning to make sure that a gigantic multinational corporation isn't offered public space to directly compete with genuine local businesses," he said, praising councillors for being open to the idea of keeping the Bixi system away from tourist hotspots.

"I think protecting areas like Stanley Park, which are obviously more tourist-oriented, as opposed to serving commuters, which the bike-share is supposedly for, would be a huge step."

Jerry Dobrovolny, Vancouver's director of transportation, said the city will need to put in $1.9 million a year in capital costs and subsidies over 10 years to get the system going.

Dobrovolny said the city is looking at ways to mitigate its financial contribution through sponsorship deals.

Follow Kate Webb on Twitter @MetroK8

Bike-sharing

- Bixi, an industry leader in bike-sharing programs, already runs public bike-sharing systems in Montreal, Ottawa and Toronto.

1 NEWS

On the web

So this firefighter walks into a bar…

In Colorado, wildfires have scores of residents fleeing their homes. As they wait out the flames, some are trying to keep up spirits by way of humour and charity. Watch at metronews.ca.

Mobile news

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Province moves ahead with St. Paul's renovation: Clark

Budget. Premier says about half a billion dollars is available, while a final concept plan and final business plan are expected by the end of 2014

PHYLICIA TORREVILLAS
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Premier Christy Clark says an estimated half a billion dollars has been set aside to redevelop the aging St. Paul's Hospital.

"That money is there in budget 2012," Clark said at a media scrum Wednesday. "This is one of the most complicated health-care projects that perhaps British Columbia has ever undertaken, because we are going to be building a new hospital."

Clark also said a final concept plan and a detailed business plan are expected by 2014.

But West End MLA Spencer Chandra Herbert said a concept plan, developed by Providence Health in 2010, already exists.

"We wanted a business case announced (Wednesday) so that they could prepare it and it could go to the Treasury Board, Treasury Board could sign off on it and we could get on with building our hospital," he said.

"Instead what we got was a re-announcement of a concept plan that has been around since 2010."

He also said he hasn't seen the money in the budget the premier said has been allocated for St. Paul's.

However Clark said that plans to upgrade the more than century-old hospital are moving forward.

"There has never been a confirmation by the government that we would redevelop St. Paul's," Clark said, rebutting charges that the announcement was old news. "We are making for the first time a firm absolute commitment that this hospital is going to happen."

The redevelopment is expected to include a new outpatient-care tower as well as infrastructure and seismic upgrades.

Clark said construction could begin in 2016.

The announcement came a day after a similar redevelopment plan was announced at Royal Columbian Hospital.

Premier Christy Clark announces Wednesday that the redevelopment of St. Paul's Hospital is moving ahead with finalizing a concept plan. She says construction could begin in 2016. PHYLICIA TORREVILLAS/METRO

Riot anniversary marked with temperance

A man drinks from a bottle during last year's Stanley Cup riot.
JENNIFER GAUTHIER/METRO FILE

A Victoria philanthropist is hoping to encourage people to put the plug in the jug starting on the one-year anniversary of booze-fuelled rampaging in Vancouver's downtown core after last year's Stanley Cup final.

Miles Craig, a former Manitoba broadcasting executive, said he thought the anniversary would be an appropriate date to launch the Canadian Temperance Foundation.

The use of the word temperance brings to mind stern women in bonnets from the 1800s, but Craig said it's the appropriate way to explain the work he wants done. "When I saw the riot unfold on TV, I came to the realization that it was probably caused by alcohol and drug misuse," said Craig.

Last year, an independent review of the Stanley Cup Riot placed the blame partly on drug and alcohol use. Drunken hockey fans smashed windows, looted stores and torched cars after the Vancouver Canucks lost the last game of the final to the Boston Bruins.

In an attempt to help prevent similar scenarios, the foundation will target Canadians of all ages and encourage them to moderate or abstain from drugs and alcohol. "There's a misconception that to relax and have fun that we have to use alcohol and drugs," Craig said.

"Our view is that it's unhealthy and irresponsible to become intoxicated on alcohol or high on drugs."

Craig said he wants to encourage people to make an effort to prevent drinking across the nation, not just Vancouver's centre. The foundation hopes to raise money for a print and broadcast campaign.

THE CANADIAN PRES

Riot repercussions

- **Expense.** Police estimate the cost of the riot to be around $3.4 million, plus an additional $2 million for the investigation.
- **Stricter enforcement.** Vancouver police Chief Jim Chu said Tuesday Metro Vancouver municipalities need to work harder to prevent liquor from being brought downtown.

White Rock

Dead humpback taken from beach

The carcass of a beached humpback whale was towed off White Rock beach late Tuesday night with the help of a high tide.

The emaciated remains are now anchored off the beach, south of Vancouver, while marine biologists decide what to do with the young whale, which died Tuesday after beaching itself while wrapped in fishing line. Efforts are underway to identify the gear, in hopes of determining where and when the roughly three-year-old whale became entangled.

Vancouver Aquarium staff have taken samples from the remains to check for other causes of death, but say the whale's condition suggests it starved. THE CANADIAN PRESS

Summerland

Mayor responds after cemetery stripped of flowers

Summerland council is now considering how to help grieving relatives who found all their flowers and memorial offerings stripped from headstones in the community's Canyon View Cemetery.

Summerland Mayor Janice Perrino says council had no warning before the entire cemetery was swept clean last week, shocking relatives who visited graves to find only headstones or markers.

Perrino notes there is a by-law restricting what items can be placed on the graves, but it has never been enforced.

She says council will find ways to ensure the cemetery is kept clean and organized in a respectful manner. CKOR

Kelowna

Trucker awarded for spotless driving record

Most people can't go more than a year without a speeding ticket or traffic violation but one Kelowna trucker is proving a spotless record is something to strive for.

In 27 years of driving, Scott Porritt has never received a ticket and that's a streak that wins him the B.C. Trucking Association's 2012 Driver of the Year award.

Porritt has been with his employer, TMS Transportation, for the last 20 years and is now the company's senior driver, responsible for training new employees. In his off hours, Porritt is an on-call City of Kelowna firefighter, and coaches minor hockey and soccer. CKQQ

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Kitsilano Beach. Boat collision rekindles coast-guard debate

High winds are getting the blame for a watery drama that played out in the pre-dawn hours off Kitsilano Beach in Vancouver.

Rescue Co-ordination Centre spokesman Paul Tasker says a 14-metre pleasure craft dragged anchor in strong gusts and large waves Wednesday morning, and was swept against a neighbouring 21-metre sailboat that was also moored offshore.

The lone person aboard the smaller boat managed to scramble to safety as it took on water, but it didn't sink and was eventually towed to a nearby marina.

Quick response from the coast-guard vessel Mallard, a 10-metre rescue launch from the nearby Kitsilano base, is credited for the speedy and happy end to the emergency.

The federal government plans to close the Kits base, but Tasker says the Mallard was at the scene of the collision within five minutes, rather than the half hour he believes it would have taken for the coast guard to respond from the Sea Island base, near Vancouver International Airport.

Opponents of the Kits base closure warn it could cost lives because the base handles an average of 300 calls per year.

THE CANADIAN PRESS

West Kelowna

Ice-cream trucks to chime on

The familiar ring of the ice-cream truck will continue to echo through West Kelowna.

The district introduced a noise bylaw earlier this month to ban music from ice-cream trucks, but council has now reversed course.

The bylaw prompted a wave of complaints and a petition, which was presented yesterday as council agreed to scrap the bylaw. NEWS1130

Prince Rupert

Family of 4 saved after boat flips

Four members of one family are all right after rescuers found them huddled on the overturned hull of their flipped pleasure boat off Prince Rupert.

The family only had time to issue one quick radio call declaring their eight-metre fibreglass boat was taking on water before they had to abandon it yesterday afternoon. THE CANADIAN PRESS

Honour. Memorial planned for 2 coast-guard volunteers

First responders from across B.C. are expected at a memorial this weekend to honour two Royal Canadian Marine Search and Rescue members killed in the line of duty.

Forty-three-year-old Angie Nemeth and 51-year-old Beatrice Sorenson died June 3 when the were trapped underneath an inflatable boat after it flipped during a training mission in Skookumchuck Narrows, a treacherous stretch of water about 120 kilometres northwest of Vancouver.

A public memorial will be held Sunday at a secondary school in the Sunshine Coast community of Sechelt, hometown of both women.

A B.C. ferry will carry most of the memorial participants to the Sunshine Coast on Sunday morning. CKAY

Investigation on hold

- A probe into the cause of the accident has been put on hold during the memorial preparations.

The notorious snakehead fish, on display at SFU's biology department on Tuesday. Scientists say the fish could be a threat to local ecosystems. DANIEL PALMER/METRO

How did 'Frankenfish' get to Burnaby lagoon?

Scientists say they will find out. SFU researchers to uncover snakehead fish's journey to local waters

DANIEL PALMER
vancouver@metronews.ca

The infamous Frankenfish that was captured in Burnaby's Central Park lagoon last week is undergoing an autopsy by a team of biologists to determine how it ended up in the region.

Biological sciences students Corey Phillis and Michael Beakes, both PhD graduate students, displayed the thawing snakehead fish — a predatory species that has the potential to wipe out local ecosystems — at Simon Fraser University on Tuesday. The pair plan to dissect the snakehead to discover its sex, age and diet in the coming months with partners at UBC and the Ministry of Environment.

"It's highly predatory, it's a highly prolific species and its potential to adapt and proliferate in non-native environments is the main concern," Beakes said, noting the snakehead can lay up to 50,000 eggs and double its population size annually.

Phillis said he's glad the snakehead has garnered so much attention because it has created awareness about the threat from predatory species to native species, but both scientists admitted the all-consuming Frankenfish rumours were exaggerated. Beakes said the snakehead was likely surviving off goldfish and carp in the lagoon.

Scientists will begin investigating what sort of diet the snakehead enjoyed — and subsequently where it lived — in the years before it ended up in Burnaby.

The earbones "grow similar to trees maturing, so you can actually age the fish," Phillis explained, estimating the metre-long specimen weighs nearly four kilograms and is likely an adult northern snakehead.

Beakes said it is the first discovery of the species in Canada, but some have been found along the Eastern Seaboard of the United States.

Scary stories

"I would be shocked, literally shocked, if I found a duck in the stomach."

Biological sciences students Corey Phillis, saying Frankenfish predatory rumours were exaggerated, and that it likely survived off goldfish and carp in the lagoon.

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Conviction

Man guilty in Burnaby man's stabbing death

A man has been found guilty in the stabbing death of 43-year-old Zsolt Csikos outside his Burnaby apartment in March 2011.

A B.C. Supreme Court jury found Yacine Zouaoui guilty of second-degree murder on Tuesday.

Zouaoui was arrested quickly following Csikos' death thanks to tips from the public.

Zouaoui is scheduled to be sentenced on July 4. METRO

Head-on collision

Fourth person dies in crash that killed three from Sorrento

A head-on crash in Saskatchewan that killed three members of a B.C. family has now claimed the life of the driver of the second vehicle.

RCMP say 30-year-old Ryan Bridger of Plato, Sask., died Wednesday, two days after his SUV was hit head-on.

Janzen and his two teenaged daughters died, while his 42-year-old wife remains in critical condition and his 16-year-old son is expected to pull through. THE CANADIAN PRESS

Presumed drowned

Search called off for missing Interior man

The RCMP and search-and-rescue crews have called off ground and air searches for a Salmon Arm man who vanished in the Seymour River near Chase.

Police say there's been no sign of 24-year-old Andrew Wilson since he jumped into the river on Monday to cool off after a hike and was swept away by the current.

The crews have concluded it's unlikely Wilson survived and is presumed to have drowned. CKIZ

UBC study reveals 'second consciousness'

Brain power. Study's researchers used a Ouija board to divine unconscious intelligence

DANIEL PALMER
vancouver@metronews.ca

University of British Columbia researchers believe they may have unlocked the secrets of a century-old magic trick and found a way to study a "second consciousness."

In a pioneering study, postdoctoral researcher Hélène Gauchou and Prof. Ron Rensink used an Ouija board to tap into unconscious control and found participants were able to answer questions accurately, even when they didn't know the answer.

"Most people think they have complete control of their minds, but they're wrong," said Rensink, an associate professor of computer science and psychology.

Gauchou and Rensink had participants play Ouija together and answer yes and no questions. Next, they blindfolded one participant and had the other remove her fingers from the planchette. As a result, the blindfolded subject believed he was still part of a team, when, in fact, he was making all of the moves.

"What we found was people were complaining about how the other person was moving the planchette around," Rensink said.

The most surprising finding in the study was that subjects correctly answered questions they didn't know 65 per cent of the time, a huge leap in statistical accuracy.

The findings have been published in the June issue of Consciousness and Cognition.

UBC psychologist Hélène Gauchou, right, uses an Ouija board to investigate unconscious intelligence on a study participant. MARTIN DEE/UBC

East Sooke. Small dog attacked by cougar

A small dog was mauled by a cougar on southern Vancouver Island Tuesday.

Joanne Green, who lives on a rural property in East Sooke, east of Victoria, says she let her Lakeland terrier Rupert and her other dogs out Tuesday morning and went back into the house. About 10 minutes, later she heard Rupert scream and went outside to see a cougar running into the bushes. The terrier suffered puncture wounds to the head. Conservation officers did a sweep of the area, but failed to locate the cougar. THE CANADIAN PRESS

Poll. Most B.C. residents support plastic-bag ban

A majority of British Columbians support banning plastic shopping bags, according to a public-opinion poll released Wednesday.

A survey of more than 1,000 Canadians by Angus Reid found that three out of five people in British Columbia are in favour of banning plastic single-use shopping bags.

The level of support in B.C. was just slightly above the national level of support (58 per cent), but less than in Atlantic Canada (63 per cent) and in Quebec and Alberta (62 per cent). METRO

Greening. School garden sprouts in East Van

Reading, writing and arugula?

The Vancouver School Board has partnered with a non-profit organization to develop a quarter-acre market garden at an East Vancouver high school.

The partnership with Fresh Roots, which VSB calls the first of its kind in Canada, would provide outdoor agricultural education at Van Tech while growing greens and vegetables for student consumption during the school year. METRO

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Want beer with that house?

Incentive. Creative homeowner uses beer to win over buyers

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Curtis Allen is putting a little fizz in home selling.

The 21-year-old wants to sell his three-bedroom condo in Kamloops, but there are three other condos in the same townhouse complex also up for sale.

"I had to do something to set myself apart," Allen said.

So he's offering "free beer for a year" to the buyer, an offer he thinks will speed up the process.

He said he'll purchase gift cards for the buyer based on the average price of a six-pack of beer per week for a year.

Allen relocated to Kelowna for work last year and rented out the condo in Kamloops. He said he's ready to sell the unit because he doesn't want to be stuck paying two mortgages.

He listed the property at 346-1780 Springview Pl., which he bought when he was 19, over a month ago and it was getting little attention, he said.

"One day while sitting in my living room, drinking a beer, I looked over the beer and thought, 'You know what, that could work,'" he said.

"I could market this house and say I'll give free beer for a year to whoever will buy the house."

Allen created the website freebeerhouse.com on Saturday and launched a Twitter campaign to brew interest in prospective buyers.

He said the website has had more than 3,700 views since its launch and more people have booked viewings for the unit.

"Free beer is certainly not going to sell the house but it's going to create attention like it already has," Allen said.

"I'm hoping that somebody would see this campaign, see the house … and really fall in love with the house like I did."

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Curtis Allen is offering free beer for a year to the person who buys his three-bedroom condo in Kamloops. CONTRIBUTED

No evidence of harassment at Pickton inquiry

An investigation into claims of sexual harassment within the offices of the Robert Pickton inquiry found no evidence to corroborate what remain anonymous allegations published in the media, says a report by the lawyer who conducted the probe.

The National Post newspaper published a story in April that relied on anonymous sources who alleged they were sexually harassed while working at the commission.

The article prompted commissioner Wally Oppal to appoint an independent lawyer, Delayne Sartison, to look into the allegations. In the meantime, the commission's executive director, John Boddie, took a paid leave of absence to ensure the investigation's independence.

Sartison interviewed current and former staff members but found no evidence of sexual harassment or gender-based discrimination, according to her report, released by the commission on Wednesday.

"Many of the staff interviewed expressed that they were 'very surprised' or 'shocked' to learn of allegations of sexual harassment or gender-based discrimination at the commission," says the report.

"These staff said they had never experienced or witnessed any conduct or communication which made them feel uncomfortable while working with the commission."

Sartison's terms of reference were to determine whether there was any evidence that would contravene the discrimination provisions in the province's human rights code.

"We have concluded there is no basis upon which to find that conduct constituting a violation of section 13(1) of the Human Rights Code, in particular, discrimination in employment on the basis of sex, occurred in the commission workplace," the report says.

Sartison's report says she contacted current and former staff and received responses from most, but not all, of them. She acknowledges some staff members declined to participate, citing concerns their identities would not remain confidential.

Sartison also notes the majority of staff who work or have worked for the commission have been women, with notable exceptions being Oppal, Boddie and commission lawyer Art Vertlieb.

Peter Gall, a lawyer appointed by Oppal to advise the commission about Sartison's investigation, issued a statement saying Boddie had resumed his duties as executive director.

"Mr. Boddie's leave of absence should in no way be interpreted as anything except a necessary precaution and it does not reflect on his personal or professional integrity." THE CANADIAN PRESS

The report

A National Post article first cited anonymous sources who alleged sexual harassment.

- An independent lawyer found no evidence of harassment after interviewing current and past staff
- John Boddie took a paid leave of absence during the investigation to prevent "misperceptions"

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Nik Wallenda: High & mighty

King of the High Wire.
On eve of attempt to cross Niagara Falls, the skywalker talks about faith, family, what's next

KATHY ULLYOTT
For Metro in Toronto

When he was 18, Nik Wallenda had his heart set on becoming a pediatrician.

But just one year later, his family, the legendary Flying Wallendas, was offered a once-in-a-generation opportunity: To re-enact the family's signature stunt, a three-tier, seven-person pyramid on a wire eight metres above the ground. In 1962, the pyramid had collapsed during a show in Detroit and killed two family members, paralyzing another.

Nik was in. And after the triumphant re-creation of the act in 1998, his path was set — on a cable just two fingers wide. This Friday the King of the High Wire will attempt to make history again by walking a wire across the thundering cataract of the Horseshoe Falls. We asked this very public man about some very private moments.

How are you preparing physically as well as mentally for the Niagara Falls skywalk?
I don't have a regular regimen; my workout changes every day depending on my schedule. I always walk several wires and I try to relax and rest. I also try to work in physical activity with my family — we'll play Frisbee, say, where you have to do 10 pushups if you miss a catch. Or catch it with your left hand only. I don't spend as much time with my kids as I'd like, so I try to be creative that way. Mentally, I don't meditate but I spend a lot of time praying, which is a kind of meditation. I'm a born-again Christian so I pray, I talk to God a lot.

Do you think that religion, or belief in a higher power, is necessary for someone in your line of work?
Well, I can say there's no way I would do it without it.

Have you ever had a supernatural experience, on or off the wire?
I wouldn't say so, no. But I do believe that I'm surrounded by guardian angels at all times, whether I'm walking a wire or walking down the street.

What is your greatest dream for your children (Yanni, 14, Amadaos, 11, and Evita, 9)?
That they achieve their goals and dreams. And I like to think that as their father, I am inspiring them to do that. I love a challenge — in taking on Niagara Falls a lot of people said it can't be done, it won't be done. But when someone says to me something can't be done, that's my cue to find a way.

If there was one thing in your life you could go back and change, what would it be?
Honestly, I wouldn't change anything. Yes, I've had great successes and some failures. But the failures, the disappointments all contribute to what I am, where I am today. And I wouldn't change that for anything.

If you could have dinner with one historical figure and ask him/her anything you want, who would that be?
That would have to be my great-grandfather, Karl Wallenda (who brought the family from Germany to America in 1928, and died in a fall from a wire in Puerto Rico in 1978). I was born in 1979 but he clearly was my inspiration. I'd love to ask him about our family, hear the family history, hear his amazing stories.

But if you could ask him just one question?
I'd ask him if he is proud. People tell me he would be honoured by what I've accomplished, but I'd love to ask him how he feels, myself.

What happens after Niagara Falls?
I want to be a father and a husband for awhile. I've been consumed with this for six months — two years, really — and I really feel I've neglected my family. So I just want to spend time with them.

On the web
To view a live feed of the walk, go to metronews.ca

RANDY RISLING/TORSTAR NEWS SERVICE; TOP PHOTO: HARRY SCULL JR./THE BUFFALO NEWS/THE ASSOCIATED PRESS

High in the sky

Daredevil legacy honoured

Nik Wallenda, 33, is a high-wire artist and acrobat. He hails from a family of daredevils and is a direct descendant of Karl Wallenda — founder of the Flying Wallendas. METRO

Bike on a wire

Riding to a record

Wallenda holds the Guinness Book of Records' world record for longest and highest bicycle ride on a high-wire after a live broadcast of the Today show on NBC. Last year, he completed the high-wire crossing that killed his great-grandfather, Karl. METRO

Forbidden zone

Century-long ban broken

Attempting to cross Niagara Falls on a high wire has been forbidden for the last 100 years. ABC is insisting that Wallenda wear a safety harness — something the high-wire artist initially refused to do. METRO

Steeling the thunder

$1.3M

The cost of the seven-tonne steel wire, installation, permits, security, travel and marketing is estimated at about $1.3 million. The TV deal with ABC will offset some of the cost.

Parking it

Keeping things spick at the span

Other costs include a $50,000 letter of credit to the Niagara Parks Commission, which would be used only in the event of a water rescue, and a $25,000 deposit to U.S. authorities to ensure the Niagara Falls park is restored to its original condition. METRO

At the brink

Laying it on 1,800 feet of line

Wallenda plans to start on the American side and walk 1,800 feet across the falls at 200 feet above the gorge bottom. If successful, he will be the first to cross over the brink of the famous falls. METRO

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Six-year ordeal

Duo accused of torturing, starving captive girl

A Bosnian man and his girlfriend have been charged with illegally imprisoning and torturing a German teenager for more than six years.

Tuzla prosecutor's office aide Admir Arnautovic said Milenko Marinkovic, 52, and Slavojka Marinkovic, 45, have been indicted on the charges.

According to the indictment, the 19-year-old girl was "held captive, starved, prevented from going to school and meeting other people and otherwise physically and mentally tortured."

The couple were arrested in May at their home in Karavlasi.

Villagers said they had treated the girl like a slave, beaten her, forced her to sleep and eat with pigs, and whipped her while pulling a horse cart. THE ASSOCIATED PRESS

Single mom

Blogger starts a 'fuzz' with her tweets about Jews

A social-media experiment in Sweden raised eyebrows when a curators made offensive tweets about Jews.

A 27-year-old Swedish blogger, who describes herself as "a single and low-educated mother," took over as the main curator of @Sweden this week and quickly found herself in the middle of a controversy over some of her tweets.

The @Sweden Twitter project is a bid by the Swedish Institute and VisitSweden to foster interest in things Swedish.

In between Sonja Abrahamsson's musings about her life, she posted a series of tweets about Jewish people. In one, she wrote: "Whats the fuzz with jews. You can't even see if a person is a jew, unless you see their penises, and even if you do, you can't be sure!?" TORSTAR NEWS SERVICE

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Students speak to reporters, not pictured, at Cavelier-De LaSalle High School Wednesday. RYAN REMIORZ/THE CANADIAN PRESS

Teacher screened vile video

Alleged Magnotta tape. High school swiftly suspends man but students defend him, saying they asked him to play it

A teacher has been suspended by a Montreal school for showing Grade 10 students the infamous video that shows a killing allegedly committed by Luka Rocco Magnotta.

The teacher showed the students the grotesque scenes on June 4 and was immediately suspended that afternoon — with pay.

The video is so disturbing that even seasoned detectives who watched it were troubled by the contents, Montreal police say.

Staff at Cavelier-De LaSalle High School in Montreal's west end say they quickly informed the students that a team of psychologists was available to deal with any problems from watching the video.

"We condemn with one voice the actions of the teacher," the school board said Wednesday.

"The incident is being taken very seriously."

Students are defending the popular young teacher — who one described as being in his 20s.

Another student said it was the kids who asked him to play the video. She said the teacher was hesitant. A few children in the class also objected.

"He's a very good teacher," declared 17-year-old Maude Aubin-Boivin, adding: "Honestly, his courses are super fun." THE CANADIAN PRESS

Police confirm it

DNA shows Lin's body parts were mailed to B.C.

Montreal police said Wednesday that DNA results have confirmed the two body parts mailed to Vancouver last week belong to student Jun Lin.

Luka Rocco Magnotta, a porn actor, is suspected of killing and dismembering Lin before sending some of his body parts to Canadian political parties and schools.

In Berlin, a court has ordered Magnotta to be held in pre-extradition custody as his likely return to Canada edges closer.

Magnotta, 29, fled to Europe and was captured at an Internet café in Berlin.

He has said he won't fight extradition. THE CANADIAN PRESS

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Rae won't run for Liberal leadership

Parliament Hill. Party race now seems wide open as interim chief steps aside

Bob Rae won't seek the permanent leadership of the federal Liberals because it's better for the party, the interim leader said Wednesday, setting the stage for a wide-open race and renewing the tantalizing prospect of a Justin Trudeau candidacy.

Sources say the 63-year-old Rae — who will stay on as interim leader until a replacement is chosen — decided against running primarily because, despite popularity among caucus members, he still doesn't have the broad support of the party's rank and file.

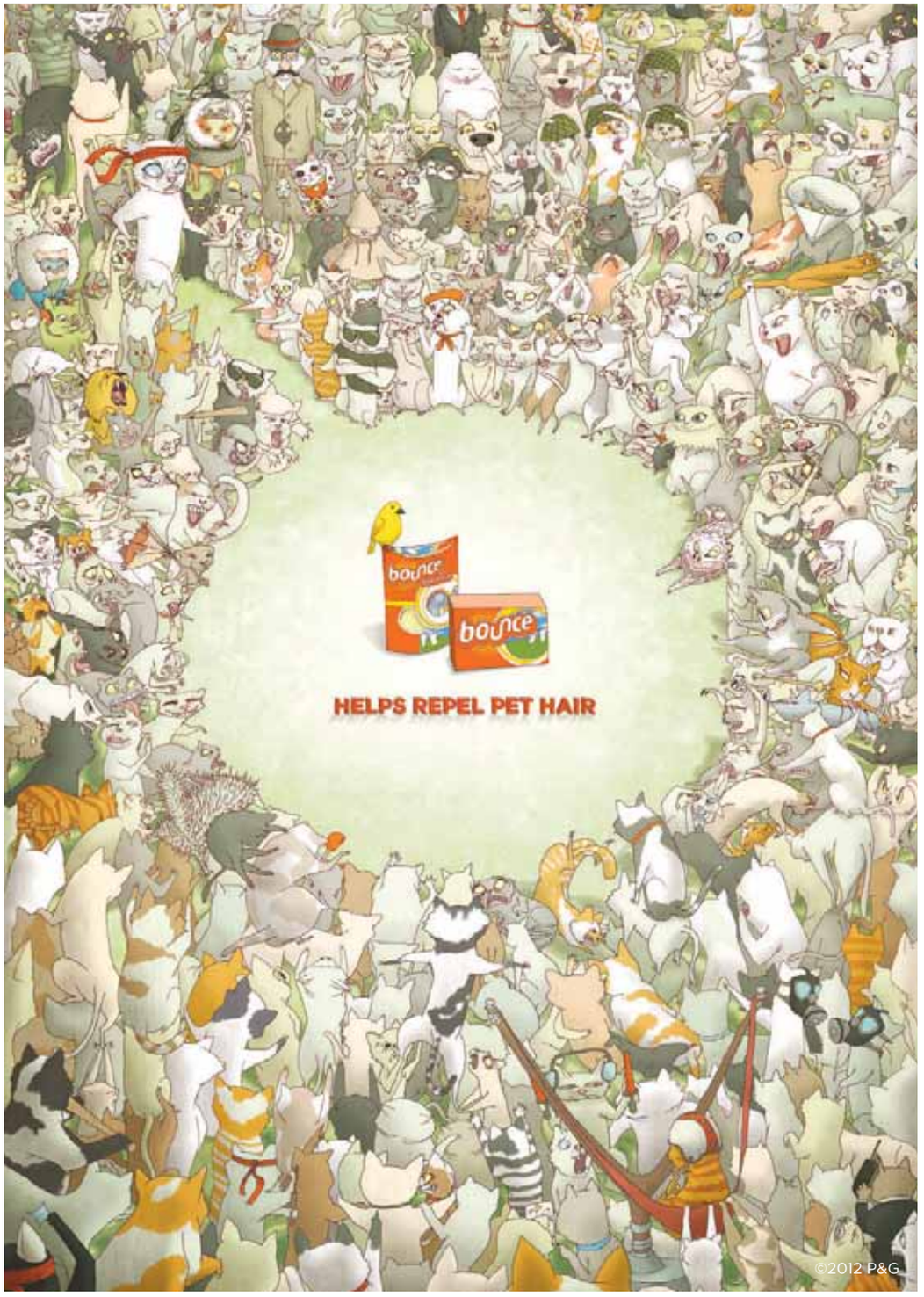
"It hasn't been an easy decision, (but) it's a decision I feel very comfortable with," Rae said after breaking the news to his caucus behind closed doors. "For me, it was a question of deciding how I could do the best thing for the health of the Liberal party."

Rae's controversial tenure as Ontario NDP premier from 1990 to 1995 — marred by a deep recession, broken campaign promises and acrimonious relations with the province's unions — has long been cited as one of the principal reasons he struggled to win Liberal support. THE CANADIAN PRESS

Free-for-all

- Many are looking to Justin Trudeau to save the party, but Trudeau has said he's not interested in running.
- MPs Marc Garneau (Que.), David McGuinty (Ont.), Joyce Murray (B.C.) and Dominic LeBlanc (N.B.) are said to be thinking about running.

Liberal interim Leader Bob Rae speaks to reporters in the foyer of the House of Commons on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS



Trafficking ring. Mother of alleged victim recalls daughter's horror

The mother of an alleged victim in an Ottawa human-trafficking case says her daughter is terrified.

The girl was robbed, beaten up, held for hours, forced into an encounter with a john and threatened repeatedly with having her throat slit, she said.

The woman, whose name cannot be published so as not to identify her daughter, said she confronted one of the suspected teen pimps and her mother to retrieve her daughter's belongings "and get her power back."

"She beat my daughter mercilessly in the face and the nose, kept punching her over and over again," she alleged of one of the accused.

Two 15-year-old girls have been charged in connection with the case. A third suspect, aged 17, is still being sought. Police say they lured three girls from the ages of 13 to 17 to a home by posting messages on social-media websites. The three victims were then allegedly forced to go to another location and perform sexual acts on men.

The alleged victim's mother, who said her daughter was held for hours but escaped, is upset that the third suspect has not been found and that police are unable to release her name publicly in order to locate her.

"My daughter was terrified. She blocked the door with chairs and said, 'They're going to come back and slit my throat.' You have no idea of the terror," she said.

The daughter is apparently afraid of retribution after her mother contacted police and confronted the accused teen's mother. The girl's belongings were found in two of the accused girls' homes, her mother said. JESSICA SMITH/METRO IN OTTAWA

Ottawa

15-year-old in custody

A 15-year-old girl charged in connection with the Ottawa human-trafficking and prostitution ring has been remanded in custody after a brief court appearance Wednesday.

The girl was formally charged with 18 counts in connection with three incidents involving three victims.

The charges include human trafficking, abduction and sexual assault. She will be back in court Monday to have a date set for a bail hearing. THE CANADIAN PRESS

Greenhouse gases

Canada not on pace to meet emissions targets: Report

The federal government says it sees no need to change its greenhouse gas strategy despite a new, hard-hitting report — commissioned by Ottawa — that shows Canada falling far short of its climate-change objectives.

The report by the National Round Table on the Environment and the Economy added up every provincial and federal measure — existing and proposed — to reduce greenhouse gases.

It found that Canada is on track to achieve only half of its 2020 target to reduce greenhouse gases by 17 per cent below 2005 levels.

"Canada will not achieve its 2020 GHG emissions-reduction target unless significant new, additional measures are taken," the report said.

In order to actually meet the target, Ottawa would have to take the lead, collaborate closely with provinces and introduce significant new measures to curtail emissions, especially in Alberta, the report concluded. THE CANADIAN PRESS

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Rohingya Muslims who fled Myanmar to Bangladesh to escape religious violence, sit in a boat after being intercepted crossing the Naf River by border authorities in Taknaf, Bangladesh, Wednesday.
ANURUP TITU/THE ASSOCIATED PRESS

Food prices skyrocket amid Myanmar unrest

Buddhists versus Muslims. Violence triggered by rape and murder of Buddhist woman, allegedly by 3 Muslims

Heavy rain brought an uneasy calm in western Myanmar on Wednesday after five days of sectarian strife, though residents were too fearful to sleep and faced food shortages.

The conflict pitting ethnic Rakhine Buddhists against stateless Rohingya Muslims in coastal Rakhine state has caused at least 21 deaths and more than 1,600 homes have been torched in some of the worst sectarian unrest recorded in Myanmar in years.

Fearfully quiet

"It is quiet here this morning but life has not returned to normal. We live in fear every day and night."

San Shwe, a resident
recounting unconfirmed rumours that authorities had seized weapons caches from Muslim villagers.

An Associated Press journalist in the state capital, Sittwe, confirmed it was calm, with no signs of the scattered fires seen in recent days. Soldiers and police patrolled and warned people by loudspeaker to abide the existing state of emergency, which gives the military full authority over administrative and security functions in Rakhine.

Fears of renewed violence halted bus and ferry deliveries of food and other cargo from Yangon to Sittwe, limiting supplies and sending prices skyrocketing.

THE ASSOCIATED PRESS

Illegal immigration

Australia-bound migrants arrested

Eighty people, including Sri Lankans, Afghans and Indians who allegedly intended to migrate illegally to Australia were arrested in Sri Lanka, officials said Wednesday.
THE ASSOCIATED PRESS

Israeli naval raid

Report slams PM's direction

A government report slammed Benjamin Netanyahu's decisions regarding a Gaza-bound ship raid as "flawed." THE ASSOCIATED PRESS

Islamist riots. Tunisia leaders condemn extremists after attacks

Tunisia's leaders on Wednesday condemned extremists after days of riots by radical Islamists left one man dead, injured 62 security personnel and led to more than 160 arrests.

Ultraconservative Islamists known as Salafis attacked an art gallery Sunday in a Tunis suburb for an exhibition they said insulted Islam. After security forces dispersed them with tear gas, gangs attacked police stations around the country over the next few days.
THE ASSOCIATED PRESS

A Tunisian firefighter tries to extinguish a burning tire after it was set on fire by radical Islamists during overnight riots near Tunis Tuesday. THE ASSOCIATED PRESS

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Mouthing off. Rob Lowe gets flack online for 'hellhole Winnipeg' rant

It seems hell hath no fury like a city that's been called a "hellhole" by a second tier Hollywood actor.

Rob Lowe, in Winnipeg to shoot a made-for-TV movie, has stirred up anger after writing a message on Twitter Tuesday night that ended with the hashtag "#Trappedinahellhole."

Lowe was complaining about how he was watching the NBA playoffs on TV when the station interrupted the game for coverage of municipal elections.

However, there were no municipal elections in Manitoba Tuesday — Lowe was likely watching a TV station based across the border in Grand Forks, N.D.

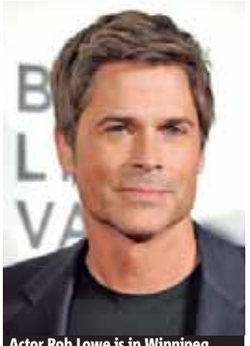
Winnipeg residents quickly fired back on Twitter, calling Lowe a jerk, a schmuck and other names.

"You can leave any time," wrote Ken Johnston.

"Feel free to leave the hell hole. I'm sure another great thespian could take your role," wrote Scott Cawson.

The apparent jab came as a disappointment to Liz Peters, a Lowe fan who managed to get a picture with the star outside his hotel last week. Lowe seemed quite happy and had no complaints, she said.

Lowe was on the sitcom Parks and Recreation and also a former star of The West Wing. He's in Winnipeg to work on a made-for-TV movie about the trial of Casey Anthony, a Florida mother who was acquitted in the death of her daughter. **THE ASSOCIATED PRESS**



Actor Rob Lowe is in Winnipeg to shoot a TV movie.
EVAN AGOSTINI/THE ASSOCIATED PRESS

Winnipeg's dumpster doggie Rayne OK

A puppy named Rayne is cared for by a City of Winnipeg Animal Services staff member after being found in a dumpster last week. The eight-week-old shepherd-collie mix was found wet and cold in a north-end garbage bin. Rayne hasn't been adopted yet due to a five-day holding period the agency has in place, but the cute little pup is getting lots of attention.

THE CANADIAN PRESS

'The dog did it'

The dog didn't do it, police say

A western Pennsylvania man who blamed his dog for causing an apartment fire has been jailed on charges that he set the blaze himself.

Cresson Township police have charged 58-year-old John Saparo with setting the fire, though police have yet to specify how.

Police did say they've determined the fire didn't start the way Saparo claimed. He told officers he was cleaning and had several fans running when his dog knocked one over which, somehow, started the fire. **THE ASSOCIATED PRESS**

Saanich, B.C.

Alleged BBQ chip bandits arrested

Police have arrested two women in their early 20s after a bag of barbeque chips and a swath of fabric was stolen from a Saanich garage. Cops found a residential garage door was open and located the suspects. **METRO**

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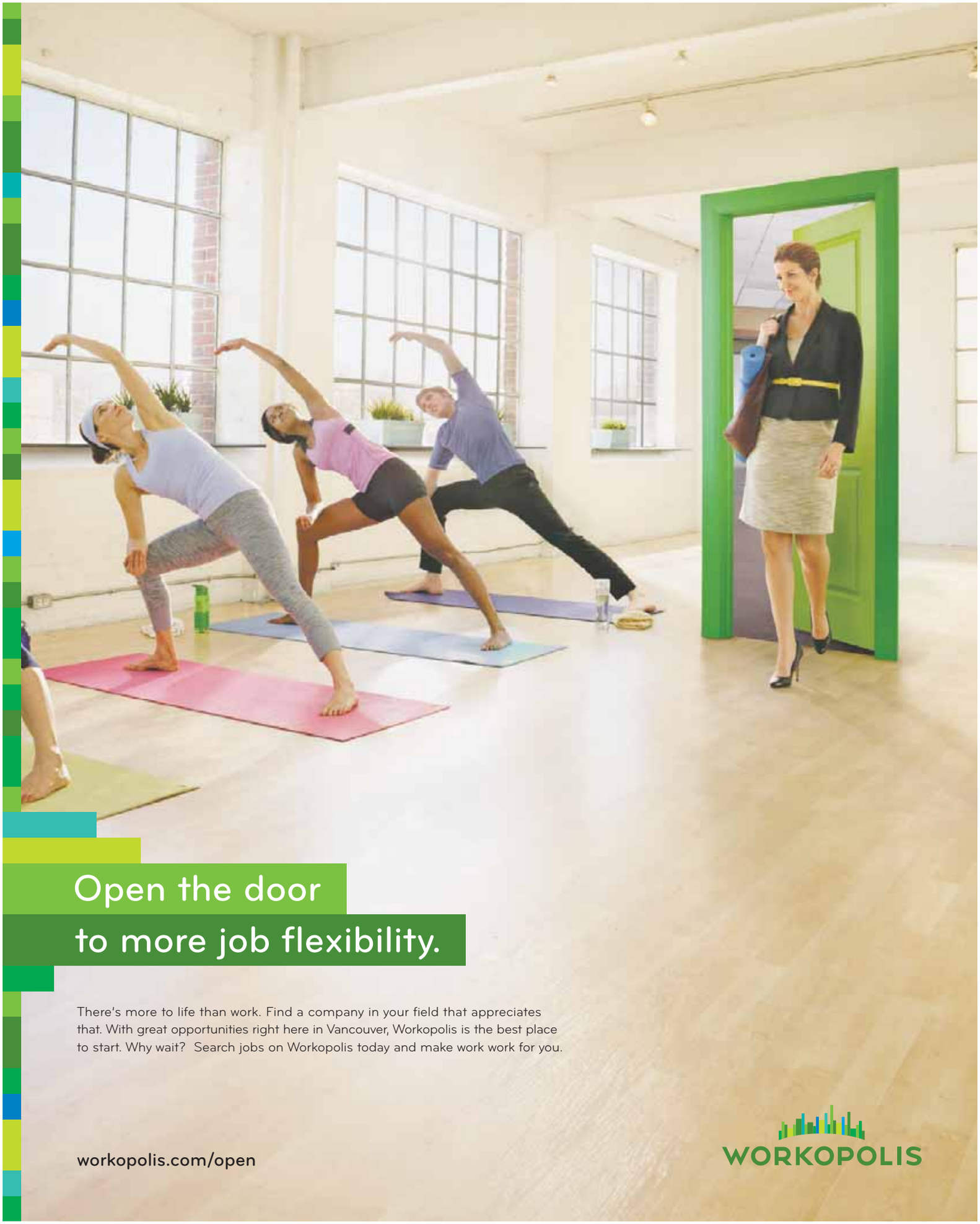
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CEO rebels

Scouts official raps policy on gays

A high-profile member of the Boy Scouts of America's governing board says he doesn't support the Scouts' policy of excluding gays and will work from within to seek a change.

Ernst & Young CEO James Turley, whose giant accounting firm has welcomed gays and lesbians in its own workforce, becomes the first member of the Scouts' executive board known to publicly disapprove of the policy.

"I support the meaningful work of the Boy Scouts in preparing young people for adventure, leadership, learning and service," Turley said. "However the membership policy is not one I would personally endorse."

The Boy Scouts responded Wednesday, saying: "We believe that good people can personally disagree on this topic and still work together."

THE ASSOCIATED PRESS

$17-million case

Amish defrauded, man sent to jail

A federal judge in Ohio has sentenced a man to six-and-a-half years in prison for defrauding fellow Amish in 29 states out of nearly $17 million US.

Monroe Beachy, 78, pleaded guilty to mail fraud in a scheme the government says defrauded nearly 2,700 people and entities.

Beachy is a member of an Amish church about 96 kilometres south of Cleveland where he operated an investment business that filed for bankruptcy protection two years ago.

Investigators say Beachy promised to put the investors' money into safer securities.

But instead he used it for higher-risk investments.

It's uncommon for the Amish to take their disputes public. The deeply traditional religious group shuns most modern advances, including electrical appliances.

THE ASSOCIATED PRESS

Forest boy keeps all of Germany guessing

Mystery. He says his mother died and he buried his father, but he doesn't know his real name

Mystery boy Ray now uses a laptop and cellphone and goes to school. But who is he? CONTRIBUTED

Who is Ray? That's the question all Germany is asking.

Ray is an English-speaking teenage boy who wandered into Berlin nine months ago, saying he had been living for the last five years in the forest with his father.

But "there are many question marks," police spokesperson Thomas Neuendorf said.

The boy told authorities his father called him "Ray" and that he was born June 20, 1994, but claims not to know his last name or where he's from.

He said his mother, Doreen, died in a car accident when he was 12 and after that he and his father, Ryan, took to the forest.

He said they wandered using maps and a compass, staying in tents or caves overnight.

He told authorities that after his father died in August 2011, he buried him in the forest and then walked five days north before ending up in Berlin, and showed up at city hall.

Police released a photo of Ray on Wednesday. "We have checked his DNA against all missing-person reports and sent the data to Interpol so they can check it internationally," Neuendorf said.

THE ASSOCIATED PRESS

Hubby's a bit of a giggle

Those royals are certainly high-flyers. Here, Prince William throws a foam javelin skyward, sparking a giggle from his wife Kate, Duchess of Cambridge. It happened at a children's sports event at Vernon Park in Nottingham, England, Wednesday. PHIL NOBLE/THE ASSOCIATED PRESS

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Keystone XL pipeline. Oklahoma governor says she's upset by delays

Oklahoma's governor is losing patience with delays in building the controversial Keystone XL oil pipeline, which would cross through her state on its way from Alberta to the Texas coast.

Mary Fallin told delegates at the Global Petroleum Show on Wednesday she's encouraged that the backer of the $7.6-billion US project, TransCanada Corp., plans to start building a stretch of pipe from her state south to Texas refineries very soon.

"We've had some great meetings while we've been here with TransCanada to talk about those operations, and they're anticipated to begin construction on that section of pipeline in July in our state."

During her visit to Canada, Fallin also visited a steam-driven oilsands operation near Fort McMurray, Alta., operated by Oklahoma-based Devon Energy.

Oklahoma is home to a huge oil storage hub at Cushing, and several pipelines lead in that direction.

However, a massive supply glut there has depressed the price North American producers get for their oil, so they want to see more pipeline capacity out of Cushing to funnel some of the excess to more lucrative markets.

Fallin also says the U.S. should be buying crude from a "friend" and "ally" like Canada instead of from hostile regimes.

THE CANADIAN PRESS

Quoted

"It's been enormously frustrating that President Obama and our nation has not been able to get through the permit for the Keystone XL pipeline."

Oklahoma Gov. Mary Fallin

More joining wireless lineup

From left, the Big Jambox by Jawbone, the Braven 650, the Beacon Audio Phoenix and Logitech's Mini Boombox are wireless speakers that connect to smartphones via Bluetooth. Diminutive wireless speakers are increasingly filling the shelves at electronics retailers as they quickly prove to be the perfect accessory for people who listen to the bulk of their music on mobile phones. RON HARRIS/THE ASSOCIATED PRESS

Petroleum

Saudis seeking low oil prices

OPEC ministers will meet Thursday deeply divided over how much crude to pump, with Saudi Arabia keen to keep a lid on prices, rival Iran pushing to cut production and Iraq expected to back Iran, its longtime foe under Saddam Hussein. The divisions will test the unity of the Organization of the Petroleum Exporting Countries.

THE ASSOCIATED PRESS

Tech trends. Tablet ownership continuing to surge in Canada

Tablet ownership continues to surge in Canada, and online and mobile TV viewing is on the rise, according to a new report on tech trends in Canada.

Based on 2,000 surveys of anglophone Canadians conducted in March and April, CBC/Radio-Canada's Media Technology Monitor found that the rapid adoption of tablets continues, with about 21 per cent of those surveyed reporting they owned one of the pricey devices. That figure is up 3.5 times compared to last spring, when only six per cent of anglophone Canadians had a tablet.

Apple's iPad was far and away the most popular tablet with about 62 per cent of the market in Canada, while Research in Motion's BlackBerry PlayBook had a share of almost 20 per cent, according to the survey results.

More Canadians also said they're using their mobile devices to watch TV. About 21 per cent of tablet owners said they are now watching TV shows on their device, which represents about five per cent of the total anglophone population. Only about two per cent of anglophones were watching TV shows on tablets in the spring of 2011.

THE CANADIAN PRESS

Online viewing

The viewing of online video on mobiles devices, computers and TV sets grew over the past month.

- **71 per cent** watched some type of online video.
- **1 in 5** watched full-length TV episodes.
- **19 per cent** watched a feature film.

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Canada being hit by Dutch Disease: Report

Economic analysis. Organization for Economic Co-operation and Development traces the steep decline of manufacturing

The OECD is weighing in on the controversy surrounding whether Canada is suffering from an economic condition known as Dutch Disease, and its qualified answer is yes.

The Organization for Economic Co-operation and Development warns in a report released Wednesday that the run-up in commodity prices is leading to an uneven economy in Canada.

Resource-rich provinces such as Alberta, Saskatchewan and Newfoundland have prospered, while others have fallen behind, in part because a commodity boom has strengthened the Canadian dollar, hurting exchange-sensitive sectors such as manufacturing and tourism.

A similar problem occurred in the Netherlands after its North Sea oil fields created a new source of resource wealth and contributed to the hollowing out of the manufacturing sector there, hence the term Dutch Disease.

THE CANADIAN PRESS

Mixed reactions

The analysis mirrors that of NDP Leader Thomas Mulcair, who has been accused of pitting regions against each other for political purposes.

- Last month, the Pembina Institute said what it called "oilsands fever" has spread benefits unevenly across the country and could be hiding economic turmoil down the road.
- A second report from the Macdonald-Laurier Institute argued that all provinces benefit from the commodity boom.

China's consumer market growing

Customers look at displays of silk dresses at a shop in Shanghai on Wednesday. Chinese consumers can afford to splash out more on higher-quality products, but also expect better value for money than in the past, according to a study by the American Chamber of Commerce. China's consumer market is forecast to become the second largest in the world after the U.S. by 2015. Both Chinese and foreign companies are struggling to keep up as the market evolves, said the report, released Wednesday. For companies like Kraft Foods Inc. and PepsiCo. Inc., that means tailoring products to suit local tastes while leveraging the company's global brand name. Kraft spent much time researching Shanghai consumers, going into their homes, to understand their preferences in developing a branding strategy for its famous Chips Ahoy and Oreo cookies, said Haiyan Wang, chief marketing officer for Kraft Foods China. EUGENE HOSHIKO/THE ASSOCIATED PRESS

Retail

Dollarama rolling out $3 items

Dollarama Inc. plans to gradually introduce some non-grocery items priced as high as $3 this summer, the Montreal-based discount retailer announced Wednesday along with a better-than-expected profit.

Larry Rossy, Dollarama's chairman and chief executive, said customers have responded well to the addition of items that are priced above $1 — although the previous limit was $2.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.16¢ US (+0.24¢)

TSX 11,497.87 (+0.58)

OIL $82.62 US (-70¢)

GOLD $1,619.40 US (+$5.60)

Natural gas: $2.185 US (-4.7¢)
Dow Jones: 12,496.38 (-77.42)

Trade. Minister denounces protectionism as job killer

Free and open trade, rather than protectionism, is the best way to secure a global recovery and create jobs, International Trade Minister Ed Fast told a Montreal economic conference Wednesday.

In a speech to the International Economic Forum of the Americas, Fast said Canada must improve its access to growing markets around the world, particularly in Latin America and the Asia Pacific region.

Canada's government also hopes to conclude the world's largest free-trade agreement with the European Union by the end of this year, he added.

Fast said people who deny the benefits of trade wilfully ignore the foundation of Canadian prosperity and its history.

"At its very heart, the anti-trade opposition lacks faith that Canada can succeed in the global economy," Fast told delegates at the 18th annual Conference of Montreal.

THE CANADIAN PRESS

Housing. Canadian home prices fell in first quarter

Canadian housing market conditions have cooled slightly, with prices down nearly two per cent in the first quarter, but the country continues to outperform other developed nations, according to a new Scotiabank real-estate report.

The latest Scotiabank Global Real Estate Trends report released Wednesday found that the inflation-adjusted national average home price fell by 1.6 per cent in the first quarter of 2012 compared to the same period of 2011.

That compared with a 1.3 inflation-adjusted year-over-year gain in the fourth quarter of 2011.

Canada's housing market remains an outperformer among developed nations, but conditions have cooled here as well, according to Scotiabank economist Adrienne Warren.

"Price trends are relatively steady in the majority of local markets, though a few, notably Toronto, continue to report strong appreciation," Warren writes in the report, released Wednesday.

THE CANADIAN PRESS

Up and down

In April, the average home price in Canada was up 0.9 per cent from a year ago at $375,810, while sales on a year-over-year basis were 49,480, up 11.5 per cent from 44,370 a year ago, the Canadian Real Estate Association said.

Hockey. Bauer to buy Cascade Helmets for $64M

Hockey equipment company Bauer Performance Sports Ltd. is buying Cascade Helmets Holdings Inc. for $64 million in a bid to expand its lacrosse business and acquire the company's patented helmet technology.

"The acquisition of Cascade increases our presence in North America's fastest growing team sport and allows us to expand our product offering in our core hockey business through the use of Cascade's proprietary helmet technology and manufacturing capabilities," Bauer chief executive Kevin Davis said.

New York-based Cascade makes lacrosse helmets and eyewear as well as hockey helmets. The deal builds on Bauer's Maverik brand of lacrosse sticks, heads, shafts and protective gear.

Bauer said it plans to use Cascade's patented head-protection technologies and its partnership with former NHL star Mark Messier to improve its own products.

The company also expects to expand Cascade's custom manufacturing capabilities for lacrosse and hockey helmets to include Bauer hockey helmets.

Bauer says it will pay for the deal by issuing $30 million in new stock and borrowing $34 million US.

THE CANADIAN PRESS

By the numbers

$22.1M

Cascade earned $22.1 million US in revenue in 2011

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HOW I LEARNED TO STOP WORRYING AND LOVE THE GAME

HE SAYS...
John Mazerolle
metronews.ca/hesays

North Americans have finally accepted the Beautiful Game. When I watched my first World Cup in 1990, people condemned soccer as boring and unmanly and just generally this European thing we didn't understand, like men in beach thongs.

Now, as the Euro plays out, even those who don't love it have come to accept its value. It's like when a passively xenophobic guy in a small town meets his first immigrant. "Hey," he says, "that soccer guy is all right."

Soccer and I got off to rocky start. I remember watching 22 years ago and thinking that each game had the same excitement level as CPAC.

Stop the excitement!

"I thought maybe there was an applause meter that let refs know when the game was getting too interesting."

But then there would be a long pass, the announcer's voice would rise and, at long last, the cry known around the world would ring out across the continents: Offside!

My understanding of the rule then was that whenever anything exciting was about to happen, the whistle would blow. I thought maybe there was an applause meter that let refs know when the game was getting too interesting.

I also had a problem with diving — not that players did it, but that they were so bad at it.

Soccer players are terrible actors. A player will collapse to the pitch like he's stepped on a land mine, even though replays show the opposing player had only made eye contact. That I can accept, but the game loses me when the diver rolls back and forth like he's kneading a patch of dough. No truly injured person in the history of the world has ever rolled back and forth violently. Nobody who's been in a car accident thinks, "Better roll it out."

And of course I hated hooligans. Even hated the name, which makes the most despicable people in the world sound like loveable scamps.

But I've since come around, if only because North America knows how to screw up their sports, too.

If I still find the occasional soccer game boring, I need only think of what it was like to watch this year's NHL playoffs, which in the final two rounds were an amazing display of shot-blocking, icings and offsides that the world had not witnessed the likes of since mid-January.

If I consider diving unsportsmanlike, I can think of how many people shrug off baseball players cheating their way right into the record books.

And if I wish to condemn rioters and thugs (and I do), I can also note how often North American sporting events seem to be celebrated with the ceremonial Burning of the Cars.

So now when the World Cup and the Euro roll around, I latch on to a team or two and drink in the colourful costumes, bicycle kicks, celebration runs and the rising crescendo of the soccer chant.

Frankly, any sport that can get 80,000 fans in one place without any of them singing YMCA is all right by me.

Danish fans soak up the atmosphere during a Euro 2012 match between Denmark and Portugal at Arena Lviv Wednesday in Lviv, Ukraine.
ALEX LIVESEY/GETTY IMAGES

Highs and lows at Euro 2012

MARTIN ROSE/GETTY IMAGES

Action

Portugal wins, Russian fans rage

A Portugal fan enjoys the pre-game atmosphere during a Euro 2012 match between Denmark and Portugal at Arena Lviv on Wednesday in Lviv, Ukraine.

Portugal went on to beat Denmark 3-2.

But the tournament has not been without its fair share of controversy.

Russia could be deducted six points in its qualifying group for the next European Championship if its fans turn violent again at Euro 2012.

UEFA fined the Russian soccer association $150,000 US on Wednesday because its fans attacked stadium stewards at a match last week in Poland. UEFA also gave the federation a suspended six-point deduction for a repeat offence.

Within hours of the announcement, UEFA charged Russia with further offences relating to its fans' behaviour inside the National Stadium during the match against Poland on Tuesday in Warsaw. Russian fans were also filmed fighting with stadium staff in Wroclaw after a 4-1 win last Friday.

THE ASSOCIATED PRESS

Baring it all

Croatia's culture ministry has told an employee to stop revealing her bare breasts at European Championship matches.

- Topless Internet photos of Jelena Miksa, a clerk at the culture ministry, and a female family member have been a hit on social networks and local media as they celebrated Croatia's 3-1 victory over Ireland on Sunday in Poznan, Poland.
- The women said they did it in support of the team.

Offside

"We don't want to sound discourteous — we've always been willing to take on any type of subject — but we'll return to that when we're calmer, not on the eve of a key match."

Italy coach Cesare Prandelli, responding to Italy player Antonio Cassano's remark on gay footballers. Cassano said Tuesday that he hopes there are no homosexual players on the national team at the European Championship, then used a derogatory word to describe gays. Hours later, he issued an apology.

Metropolitan Panel

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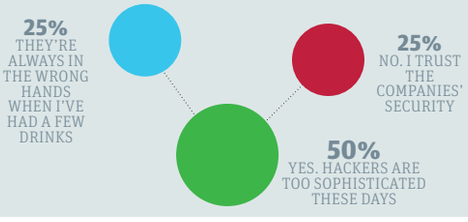
25%
THEY'RE ALWAYS IN THE WRONG HANDS WHEN I'VE HAD A FEW DRINKS
25%
NO. I TRUST THE COMPANIES' SECURITY
50%
YES. HACKERS ARE TOO SOPHISTICATED THESE DAYS

Twitter

@VanRealDeal: Thanks to ppl changing to transit/bikes/walking, Van now has lowest greenhouse gas per capita of any city in N Amer. #vanpoli

@itscomingfolks: @MayorGregor Billion $ roof on BC Place stadium could've bought every homeless person in Vancouver a million $ apartment

@VancityBuzz: #Vancouver's own RT @billboard Congrats to @carlyraejepsen, whose "Call Me Maybe" finally climbs to No. 1 on the Hot 100!

@eFionaWade: I am sick, sniffly, coughing and with red eyes and people are being extra friendly to me out and about today which is refreshing! #vancouver

@TheKalama: Artists: your dreams are slowly coming true! #Vancouver offering cheap LiveWork lofts for us soon! :) thanks @MayorGregor ...

metro

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2

SCENE

For Daniel Powter, bad days are old news

New album. It has been a long road back for a one-hit wonder artist who has struggled with drug abuse and depression

The smash hit Bad Day should have been a good thing for Daniel Powter: The upbeat tune put Powter on the musical map.

It not only became the biggest hit of his career, but it was also the No. 1 song of 2006.

But lightning didn't strike twice for the Powter. In fact, lightning didn't even come close again. Powter never returned to the pop charts and Billboard even named Powter the decade's top one-hit wonder.

Powter eventually became sick of performing his claim to fame. "When the spotlight hit me, I was like, 'I don't want to be in the spotlight,'" he said in a recent interview. "I hated it. I hated being on TV."

Depressed, he turned to drugs and alcohol, his personal life fell apart and his next album flopped.

"I just didn't want to do it anymore," he explained.

But Powter, now 41, has returned to music. A new album, Turn on the Lights, is set for an August release, and he said he's been clean and sober for two years.

THE ASSOCIATED PRESS

Daniel Powter DAMIAN DOVARGANES/ THE ASSOCIATED PRESS}}

Scene in brief

Cruise honoured by Friars

Tom Cruise was in Manhattan to collect an award, and, yes, promote a movie. On Tuesday night, the actor received the fourth-ever Friars Club Entertainment Icon Award, placing him in the same company as Douglas Fairbanks, Cary Grant and Frank Sinatra. The evening was a toast, not a roast. Alec Baldwin presided at the Waldorf-Astoria, where speakers included such former co-stars as Cuba Gooding Jr. and Kevin Pollak. Robin Thicke and Corinne Rae Bailey were among the musical performers. Many had stories about working with Cruise and his impact on them. Baldwin joked that any time he finds himself taking on too many tasks at once, he hums the theme from Mission: Impossible.

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On the web

AKB48, whose singers are ranked by fans, becomes a hit in Japan; founder trying formula abroad

Daring you to go to Xanadu

Stage adaption. Arts Club brings out a 1980s camp-cult classic show full of nostalgic value set to great musical hits

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Xanadu might have fallen to the Ming army in 1369, but in 2012 it's curtains for an Arts Club production of the same name.

Of course, the curtain's opening and, instead of Kublai Khan, the Jin Dynasty and Marco Polo onstage, it's fantasy, romance, shiny satin jumpsuits and roller skates.

Think the 1980 camp-cult classic starring Olivia Newton-John.

A place where nobody dared to go/The love that we came to know/They call it Xanadu…

Yeah, that one.

The stage spoof opened on Broadway in 2007 and became a surprise hit, but maybe not as big of a surprise as when Newton-John showed up clad in leather on the cover of her 1978 album Totally Hot.

Now that was a real shock. (Not really.)

But back to the play.

Director Dean Paul Gibson says the stage adaptation is a "funnier and more entertaining nostalgic valentine to all things early-80s," and, of course, the movie itself.

"With tongue planted firmly in cheek," he says, "we can enjoy some of the great musical hits from Electric Light Orchestra and Olivia Newton-John, framed in this mythological send-up of a man and his muse."

Here's the elevator pitch: A muse (Marlie Collins) descends from Mount Olympus wearing leg warmers to help mortal Sonny (Gaelan Beatty) open a roller disco.

What happens next?

And now open your eyes and see/What we have made is real/We are in Xanadu…

The song's in your head now, isn't it? You're welcome.

Event details

Arts Club info and what else is going on in Vancouver

- **Tickets.** Arts Club Theatre Company's Xanadu at the Granville Island Stage (1585 Johnston St.) from June 21 to Aug. 4. Tickets are $29 to $54, inclusive of taxes and fees. Call the Arts Club Box Office at 604.687.1644 or visit artsclub.com
- **Metric.** If you're prone to taking measurements, Metric finally has another album out. Synthetica is the band's fifth album and follows 2009's Fantasies, which they're probably sick of playing live by now. You can hear the new one at the Commodore Ballroom June 23. But – you have to win to get in. Check out Rogers.com/METRIC to find out how.

Marlie Collins and Gaelan Beatty in the Arts Club Theatre Company's production of Xanadu. DAVID COOPER/ARTS CLUB

Sting's evolution will keep fans guessing

Q & A. Singer-songwriter sat down with Metro to discuss his iPad app, what he's listening to these days and the importance of philanthropy

SZONJA KRESINGER
Metro World News

Sting (born Gordon Matthew Thomas Sumner) has donned many hats and experimented with myriad genres during his 35 years in the spotlight.

From his early days as the lead in the popular and ever-changing new wave band the Police, to a solo career incorporating everything from jazz to new age sounds, to the numerous humanitarian and environmental causes he has lent his celebrity status to, Sting is no stranger to exploring new paths.

Yet his most recent tour, Back to Bass, was something of a stripping down for the prolific artist where the path he took was the most basic one.

Having just come off the Symphonicity tour, performing arrangements of his songs with large orchestras, he wanted to do something simpler, an approach he's continuing during his current summer tour.

How did it feel to put your recent box set together, taking a look back at all these years?

I'm not a particularly nostalgic person, so initially, it was quite challenging for me to really look back when my instinct has always been to move forward. But I did feel it was worth taking some time to reflect, seeing what I had achieved in the past 25 years. I certainly had a good time living those 25 years, and it is a pretty significant milestone in my career. I thought if ever there was a suitable time to do a project like the box set, this was it.

Was there any song you wanted to include but finally dropped?

The most challenging part of the process was choosing the songs and inevitably, there were many that didn't end up on the box set. But asking me to pick my favourites would be like asking me to choose a favourite child! I love them all and each one is unique in their own way. That said, I'm very proud of the end result.

Do you plan a new studio album in the near future?

I don't really have a plan quite yet. I enjoy and appreciate the creative freedom I have, and the ability to do what interests me. I get bored pretty easily and so I always like to do something new and something that is hopefully surprising. I think my audience has come to expect that element of surprise. So I'm really not sure what comes next, but expect the unexpected.

What types of artistic projects interest you the most?

Like I said, I always like to try something new. I can only do what I'm inspired to do. Right now, I'm working on a play for Broadway. We're in the very early stages, but I've been writing a lot of music for that. It's completely new territory for me and it's quite exciting.

Why did you decide to have the Sting iPad app? Would you ever consider making music with the help of such gadgets like the iPad?

To me, it's important to embrace new technology and try to evolve with it. I look at the app as a new way of getting music to people. It's very innovative, but at the same time it reminds me of the days where you'd purchase an album and get to enjoy all of the photos and liner notes, and really get a sense of how the album was made. That's missing in the digital age. In terms of making music with something like the iPad, I wouldn't rule it out.

There's no way of anticipating where technology is going next.

Sting performs during the 2012 Concert for the Rainforest Fund at Carnegie Hall in New York City. GETTY IMAGES

New album. Travelling overseas with Patti Smith and her music

The success of Patti Smith's memoir Just Kids, about her friendship with Robert Mapplethorpe, sealed her reputation as a wide-ranging artist and writer at the heartbeat of New York City.

The 2010 bestseller about growing up in New York's art scene won the National Book Award for nonfiction and is her most successful project yet in any format. But whether her new literary fans will translate into more buyers of her music is a question Smith has been asking herself of late.

Banga is Patti Smith's first album of original music in eight years. JOHN CARUCCI/THE ASSOCIATED PRESS

While making her new album Banga, out this week, Smith said she "had more of a sense that I had people I was speaking to in America, because I haven't felt that in a long time."

She knows her audience. It's why the Rock and Roll Hall of Fame member will be far from home this summer supporting the release of Banga.

Three-quarters of Smith's music sales are from outside of the United States. At home, she's a niche artist best remembered for the 1978 hit Because the Night. Overseas, she's a star, with her biggest markets in Germany and France.

Smith said she thinks a European audience responds better to a multi-disciplinary artist. She's got a rock 'n' roll growl with the best of them, but Smith considers herself primarily a writer and also exhibits her photography.

Banga is a disc of wide-ranging intellectual heft, with songs inspired by the late French actress Maria Schneider, singer Amy Winehouse and novelist Mikel Bulgakov. Banga is also a good bet to be the only disc this year with a song about explorer Amerigo Vespucci.

Smith takes natural pride in two of the disc's musicians — her son Jackson, who plays guitar and daughter Jesse, a pianist.

Jackson, who's 30 and married to the musician Meg White, picked up his father's guitar and taught himself to play after Fred "Sonic" Smith died in 1994. Jesse, 25, is featured on the album-closing version of Neil Young's After the Gold Rush.

"It's for their father," said Smith, who lived in Detroit for many years while married but is now back in New York. "When we all play together, we really have him with us. I'm just so happy that they have so much of him within them. I just want my kids to be healthy and happy." THE ASSOCIATED PRESS

Winehouse connection

Smith's maternal instincts partly inspired This is the Girl about Winehouse, who died last year. It was originally written as a poem, but as the album was coming to a close, bass player Tony Shanahan offered some music that matched the lyric.

- Smith was drawn to Winehouse as a singer who had "one of the most unique voices I had ever heard," she said. "I was amazed at this girl and equally worried about her."

Paul Williams Still Alive — and kicking

Q & A. Singer — now in his 70s — back in a new documentary chronicling his life

NED EHRBAR
Metro World News in Hollywood

Paul Williams. GETTY IMAGES

Paul Williams has led quite the life as a prolific songwriter, an actor and a charming talk-show regular. But that doesn't necessarily mean he was excited about filmmaker Stephen Kessler featuring him in the new documentary, Paul Williams Still Alive.

But Williams is nothing if not a good sport. He spoke with Metro about watching his life chronicled onscreen and not blaming the music business for addiction — and went out of his way not to mention Jay Leno.

You seem pretty uncomfortable for much of the film with Stephen following you around.

Somewhere (during a tour of the Philippines chronicled in the film), I decided I really liked him. I think he came into the film maybe without a conscious kind of conception of what he wanted. I think he would've been thrilled to find me living in a trailer behind a junkyard, playing at the Red Lion nightly, doing the Rainbow Connection with a sock puppet, but the fact is he walked into a life that I was really happy with. I'm 22 years sober and happily married, I have a good relationship with my kids. I'd kind of rebuilt my career. There are some things that are not in the film that he kind of carefully ignores because it interferes with his storytelling.

Were you worried about anything the film depicts about your life?

I was really worried about showing it to my kids, especially my daughter. I had editing rights, so I could take anything out that I wanted, but there's the part where I'm filmed watching the Merv Griffin footage, and I'm just joking about marital infidelity and getting laid on the road, and I thought you can't leave that in. But when I saw the first cut of the film, I thought you know what? If you're going to tell the story, you've got to leave it in.

A GUIDE TO
• My Name is Khan
• Once Upon a Time in Mumbaai
• Raajneeti
BEST PERFORMANCE IN A LEADING ROLE (MALE)
• Salman Khan, Dabangg
• Hrithik Roshan, Guzaarish
• Shah Rukh Khan, My Name Is Khan
• Ajay Devgan, Once Upon a Time in Mumbaai
• Ranbir Kapoor, Raajneeti
BEST PERFORMANCE IN A LEADING ROLE (FEMALE)
• Anushka Sharma, Band Baaja Baaraat
• Kareena Kapoor, Rai Golmaal 3
• Aishwarya Rai Bachchan, Guzaarish
• Vidya Balan, Ishqiya
BAND BAAJA BAARAAT starring Anushka
(Bittoo), is a romantic comedy about
DABANGG known for its popular
MY NAME IS KHAN

As the president of ASCAP, how do you think the landscape for songwriters has changed?

There was a time when you went to the Papa Bear, which was the record company, and you had this whole machine working to present you to the music-consuming audience that had three networks to watch and had Top 40 radio. The streams that you fought to get your work into were so minimal, but if you got into that you got everybody. You did the Tonight show, you got everybody. You got played on the Top 40 stations, everybody got to hear those songs. Now everything has become so fractionalized. The challenges are to found ways to be heard. I think as far as the creativity, it's spectacular. To me, rap was like urban poetry. As an Academy member, I voted for Eminem and It's Hard Out There for a Pimp, a great rap song written for the movies. Every generation has its own music. I love some of those combinations of melodic and... blah blah blah. Who cares what some 71-year-old f— thinks about today's music?

We've had the recent passings of Amy Winehouse and Whitney Houston. Do you see the music business as a sort of enabler for substance abuse?

Those are just the ones that get written about. I think that basically there isn't any real difference between a rock star shooting heroin and a bored housewife in Ohio drinking Listerine. They're both self-medicating and probably dealing with their fear and their boredom, their anxiety. They suffer from addiction or alcoholism, and it's a disease. Some studies proved it in the '60s. I think that in some ways, as long as I was moving forward and showing up for the gigs and funny and I had the energy to keep going, there were enablers around me, but I can't lay any of that off on anybody. I have to really own all of that myself.

Quote

"I think that basically there isn't any real difference between a rock star shooting heroin and a bored housewife in Ohio drinking Listerine. They're both self-medicating and probably dealing with their fear and their boredom, their anxiety. "

Paul Williams

You were a guest on the Tonight show 50 times. If you were to get back into the talk show circuit, would you prefer talking to Jay Leno or Conan O'Brien?

Well you know, it's funny because I just spent the last two days in Arizona playing golf with Alan Kalter. Alan's one of my best friends, and he's the announcer on the David Letterman show. You know, I like (Jimmy) Fallon, I did Fallon's show this last year and I really like them. I love Conan. I'm learning how to walk like Conan, that's the main thing. I find that if I throw my elbows heavily to the left and to the right, I can face the day with a little sparkle. And I'm a Letterman addict. My wife and I watch Letterman all the time. You know, that's pretty much it. I haven't been watching the Tonight show a lot.

Cadence Weapon reveals more on buzzy third LP

By the time he was out of his teens, Rollie Pemberton — a.k.a. Cadence Weapon — had a much-hyped debut album, a Polaris Prize short-listing and a captive crowd eager to see what he was going to do next.

At 26 years old now, he's glad that period of magnified attention and rigid expectations is in the past.

"I'm glad that I had the experience I had when I was younger ... because I got that whole thing out of the way — I made all the mistakes already that I could possibly make," the Edmonton-reared rapper said.

"Now I can just work on refining the music. I don't have to worry about ... the critical thing, or whether people will buy it.

"I feel like I'm unfazable at this point. Like I can't be bothered."

It's that attitude that has enabled the creative fearlessness that's powered Pemberton's dogged experimentation since dropping his 2005 debut, Breaking Kayfabe — but three albums into his career, it seems that aural alchemy has finally led Pemberton to a formula he likes.

Yawn. Next.

"I get kind of bored of things. I've got that kind of attention span."

Cadence Weapon, on experimenting with musical choices on his latest album

On his debut, Pemberton layered his laconic rhymes over grimy, booming synths, while 2008's Afterparty Babies probed the edges of house and electro. Though both records showcased his fierce intelligence and endearing sense of playfulness, Pemberton's latest — the recently released Hope in Dirt City — marks the first time the rapper doesn't sound as though he's obscuring his intentions in irony or musical trial-and-error.

"I'm more clear about who I am and presenting myself in a straightforward way," he said. "In the past, I feel like I've done a lot of playing more characters and experimenting with the sound, and I think it's been very hard for the listener to understand if I'm being honest or if I'm being sarcastic or ironic or whatever."

THE CANADIAN PRESS

Cadence Weapon made the unusual choice on his latest recording to work with samples, then enlist a live band to replace most of the samples, then sample the music by that band, a process he describes as "confusing." HANDOUT

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Now that your favourite shows like Smash, Revenge and The Good Wife have wrapped up, here's your guide to what will make for good summertime TV watching:

AMBER RAY
Metro in New York

If you miss ...
The behind-the-scenes look at the life onstage on Smash

Watch ...
Bunheads

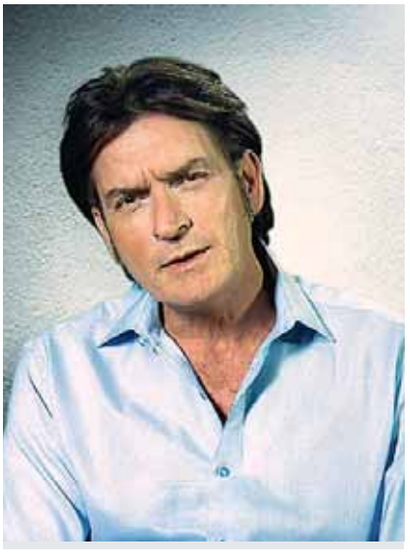
The Vegas showgirl lifestyle loses its lustre for a classically trained ballerina (Sutton Foster), who impulsively marries an admirer (Alan Ruck) and moves to his sleepy seaside community of Paradise, Calif., where his mother (Kelly Bishop) runs a dance studio — and lives with him and his new bride. Bunheads is also a great choice for those in Gilmore Girls withdrawal — it comes from GG creator Amy Sherman-Palladino and features her trademark machine-gun quips and pop-culture references.
Airs Mondays on ABC Spark.

If you miss ...
The backstabbing of Revenge.

Watch ...
Dallas.
The Ewing clan is just as contemptuous as you remember from the hit prime-time soap of the '80s — and now the next generation is involved in the family's favourite pastime of screwing each other over. Returning principals include Larry Hagman as J.R. Ewing, Linda Gray as Sue Ellen Ewing and Patrick Duffy as Bobby Ewing; rekindling the family rivalry is J.R. and Sue Ellen's son John Ross (Josh Henderson) and Bobby's adopted son, Christopher (Jesse Metcalfe), who take on the roles of their fathers. The oil fields of Texas remain a focal point, but because this is 2012, expect a few lessons on alternative energy in between all the fussin' and feudin'. Airs Wednesdays on Bravo.

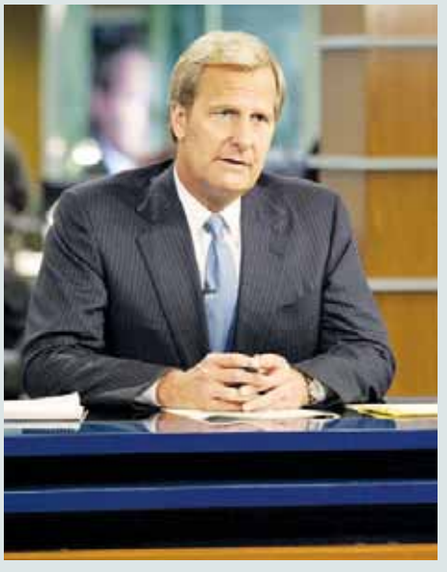
If you miss ...
The juvenile antics of Two and a Half Men (especially those of Charlie Sheen).

Watch ...
Anger Management.
FX says Charlie Sheen is reformed (we'd say reformed-ish) since the meltdown that forced his exit from the No. 1 sitcom last year. Adapted from the film of the same name, this comedy finds Sheen as a guy whose anger issues lead him to become a therapist. He's got a teen daughter to give him a sense of responsibility, but there's also a string of ladies interested in the former bad boy. Must be the tiger blood.
Premieres June 28 on CTV.



If you miss ...
The high-stakes workplace of The Good Wife.

Watch ...
The Newsroom.
Delivering the news isn't pretty; the business of delivering the news is even uglier in this behind-the-scenes look at the people who produce a cable-news program. Just as he did on The West Wing, writer Aaron Sorkin has created another community of flawed fast-talkers with noble intentions. Jeff Daniels stars as the news team's anchor (literally and metaphorically) who tries to deliver "real" stories while his producers and network (Emily Mortimer, Olivia Munn, Sam Waterston, Jane Fonda) fret over ratings. Premieres June 24 on HBO Canada.



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Killer comedies and a little combat

The summer months are the best time for top-notch funny men and women to take over the box office. It's also a good time for tough dudes to take the screen.

HEIDI PATALANO
Metro News

June 15:

That's My Boy

We're hoping that the presence of Saturday Night Live's Andy Samberg will make this movie not stink, especially considering Adam Sandler's last few films (Jack and Jill, we're looking at you) have been truly awful. In this film, Sandler plays a man-child who fathered and raised a child (Samberg) when he was only a teenager. When they reconnect several years later, each finds themselves coming undone.

June 22:

Seeking a Friend for the End of the World

Consider this one the flipside of Melancholia, since it also deals with a heavenly body that is destined to come crashing into the earth. But here, with Steve Carrell and Keira Knightly co-starring, it's a comedy!

June 29:

Madea's Witness Protection

Oh Madea, Madea, Madea. What are you up to now? Rather than getting into trouble herself, she's hosting a family who is a part of the witness-protection program.

July 13:

Ted

Family Guy's Seth MacFarlane is the brains behind this story of a man (Mark Wahlberg) whose random wish makes a teddy bear he had as a child come to life — albeit as a foul-mouthed scumbag voiced by MacFarlane himself.

Aug. 10:

The Campaign

Put Will Ferrell and Zach Galifianakis in a room together and God knows what will come of it. These two masters of playing awkward schlubs were destined to have their major moment on screen together, and in this film they play opposing senate candidates Cam Brady and Marty Huggins, respectively.

July 27:

The Watch

Previously called Neighborhood Watch, this comedy stars Ben Stiller, Vince Vaughn, Jonah Hill and Richard Ayoade as a group of suburban renegades who decide to take the law into their own hands but end up finding out that they're up against extraterrestrials.

Aug. 31:

Lawless

Rocker Nick Cave penned this Prohibition-era film about brothers who get into the bootlegging business in Franklin County, Virginia. Given that the film is loaded with top-flight talent like Tom Hardy, Jessica Chastain, Gary Oldman and Shia LaBoeuf, we're putting our money on this one being the sleeper hit of the summer.

Aug. 17:

The Expendables II

Chuck Norris! Chuck Norris is in this movie. That is all you need to know. Liam Hemsworth also joins the rest of the crew, which is on a revenge mission once one of their own gets killed in the line of duty. But, come on, it's Chuck Norris!

Colin Farrell fully embraces demands of starring role in Total Recall remake

Summer blockbuster. Rising star and cast had a blast shooting sequel to 1990 sci-fi thriller in Toronto

TREVOR PARKER
scenel@metronews.ca

Colin Farrell stars in Columbia Pictures remake of Total Recall which opens in theatres August 3. COLUMBIA PICTURES

As eager as he may be for audiences to enjoy his work in the upcoming big-budget Total Recall remake, Colin Farrell wants to state upfront that there's one area in which his version wouldn't dare to compete with the 1990 Schwarzenegger original: "I noticed a lack of one-line jokes," he laughs. "No one does one-liners like Arnie!"

The Recall update is set to be a more sober, serious take on the tale of an oblivious man in the near future who tampers with his memories and ends up uncovering a hidden past and personality.

Farrell says he was at first reluctant to leap into a production that encompassed such a humongous scope, one that overran Toronto streets as well as occupying several cavernous soundstages at the city's new Pinewood studio facility while shooting last year.

"It was terrifying," he admits. "I've been quite content creatively, over the last six or seven years, doing films that were smaller in budgetary scale. It scares the s—t out of me, the idea of being in a really, really big film, it really does.

"But I'm open to it. Initially, I responded to the script and I responded to the idea of a man named Quaid who just really didn't know who he was. It brings up the questions: What makes a person what they are? What makes us all? Can you reclaim, can you change? So meeting Len (Wiseman, director) and seeing his concept artwork and the world he was going to create … I came away from meeting him saying, 'I'd really love to do this, I hope I can!'"

Actress Jessica Biel appears in the film as capable and sexy freedom fighter Melina. Of her role, Biel says, "Melina's grown up very much this underground soldier, and this very strong, empowered person."

Farrell and Biel are chatting with members of the media after a lengthy and particularly punishing day of staging Total Recall's extensive zero-gravity simulations. The action saw the pair trussed up by wires and hung upside down for hours at a time while blasting away with futuristic firearms.

"It's actually so physically painful that there's nothing to do but laugh," Biel says. "You just get completely giddy and it gets to a point where you feel like your eyeballs are about to pop out. We've done our best to laugh through it."

Biel goes on to say that she had much more fun working on her fight scene with co-star Kate Beckinsale, who plays the villainous Lori. She found the scene interesting "because (Kate and I) never fight with women. You're always fighting a monster or thug or something. You never fight a beautiful, sinewy long haired woman. I think it'll look really cool and aggressive. The only issue that we had during the fight was that Kate's hair kept getting stuck in my jacket!"

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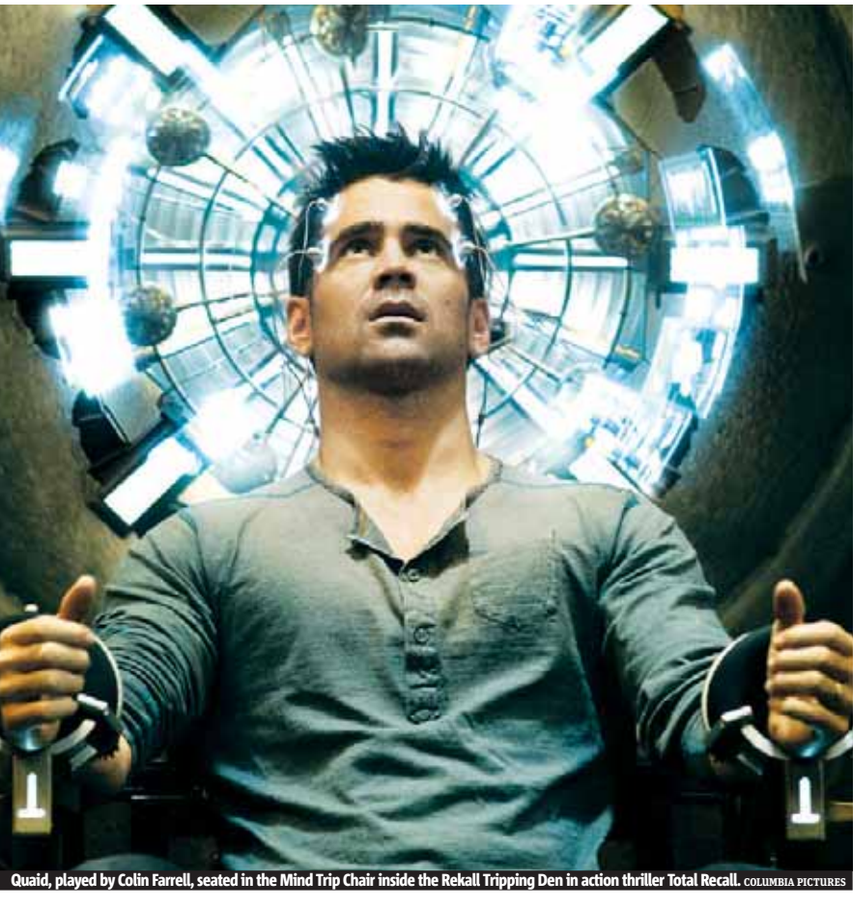


Quaid, played by Colin Farrell, seated in the Mind Trip Chair inside the Rekall Tripping Den in action thriller Total Recall. COLUMBIA PICTURES

The remastering of a science-fiction classic

A new vision. Director Len Wiseman combines stunning visuals with a compelling mystery

TREVOR PARKER
scenel@metronews.ca

With remakes of beloved titles hitting multiplexes on a seemingly weekly basis, it's a tricky balancing act for those filmmakers to attract new fans as well as satisfying devotees of the source material.

It's a battle with which the director of the new Total Recall, Len Wiseman, is well aware: "It was a challenge. The Recall script came to me, out of the blue, and I was just taken by the direction that it went in. Of course, there's going to be a side that says, 'Why even do it if it's going to be that much different?' The other group says, 'If there's nothing new, nothing original, why bother?' With all of that out there, I just very selfishly make the movie for myself, and hopefully other people like it."

Wiseman's Recall is certainly adopting a fresh perspective. Gone is the Mars setting of the first film, replaced by a divided earth and a massive tunnel between two nations, bored directly through the centre of the globe.

Production designer Patrick Tatopoulos describes the two sides, with the United Federation of Britain, home of the ruling class, being "bright and clean, with beautiful misty skies. Everything is pristine.

In New Asia, the hardscrabble home of lead character Quaid (played by Colin Farrell), Tatopoulos says, "It feels like old and new technology together. It'll be really grungy. We shot with 350 (extras), so it really feels like a living city. The costumes are going to be outrageous."

As elaborate as the environment and visuals are, Wiseman hopes the core story of hunting for one's identity will be his Recall's most compelling aspect. "There's a ton of action," he says, "but action is completely dead if there's no driving emotion or mystery behind it. What I love about this project the most, I love a mystery anyways, but when the mystery is about the character himself. I'm always drawn to that, like The Fugitive, or Bourne or Blade Runner. Going through the action, there are puzzle pieces within; as Quaid is trying to find out the ultimate mystery, which is, 'Who am I?' That's a big part of it, because otherwise it's just a bunch of explosions and expensive effects."

Wiseman also stood fast against pressure to have Recall released in 3-D. "I'm not against 3-D. It just didn't work with what kind of film I was trying to make."

A family affair

Total Recall marks the third occasion that Len Wiseman has directed his wife, actress Kate Beckinsale. "Kate's been in action movies before, but never as the villain," Wiseman says. "I love the idea." For this Recall, Beckinsale appears as the duplicitous Lori, the role played by Sharon Stone in the 1990 original.

Skies the limit for Jessup as he bags bigger role

Turning 18. Canadian actor's Falling Skies character — Ben Mason — is not only growing up, he's finally getting a gun and a taste of the action

June is a big month for Canadian actor Connor Jessup, to put it lightly. First, he's finishing high school, and later this month he turns 18. On top of all that, Jessup gets to celebrate the second season premiere of the science-fiction series Falling Skies, in which his character, Ben Mason, plays a much bigger — and more gunplay-filled — role than in the first season.

It must be stressful trying to juggle promoting a TV show and finishing high school.

Quoted

"I like to describe it as puberty on steroids — he doesn't know what's happening to him."

Connor Jessup, Falling Skies, explaining the changes his character is going through

Yeah. It's less stressful than trying to juggle shooting the show and finishing high school, which was basically impossible to do. So now I'm suffering for the time I spent shooting, trying to catch up with everything. I graduate the day before my 18th birthday, so it's very exciting. Which is also three days after the show airs, so it's a very packed week. June's exciting.

Your character gets a lot more to do on the show this year.

Last season, Ben was the guy who stayed back and didn't go out on any fights. He was more passive, more bookish. He was less involved in the actual action of the show. Between seasons one and two, there's a time gap of three months, and in that time he's become a fighter. He's become much more aggressive. He's become very angry because he thinks his dad is gone and probably dead, he's lost a lot of people in these various battles. He's become much colder and more distant. When the season takes off, he's fighting. He's very angry at the aliens, but a lot of that anger is a manifestation of his own fear and confusion. I like to describe it as puberty on steroids — he doesn't know what's happening to him, there's a lot happening to his body, to his emotions, and he's trying to deal with them through angst, violence and aggressiveness. But also this season Ben plays a much more central role in the mystery of the show.

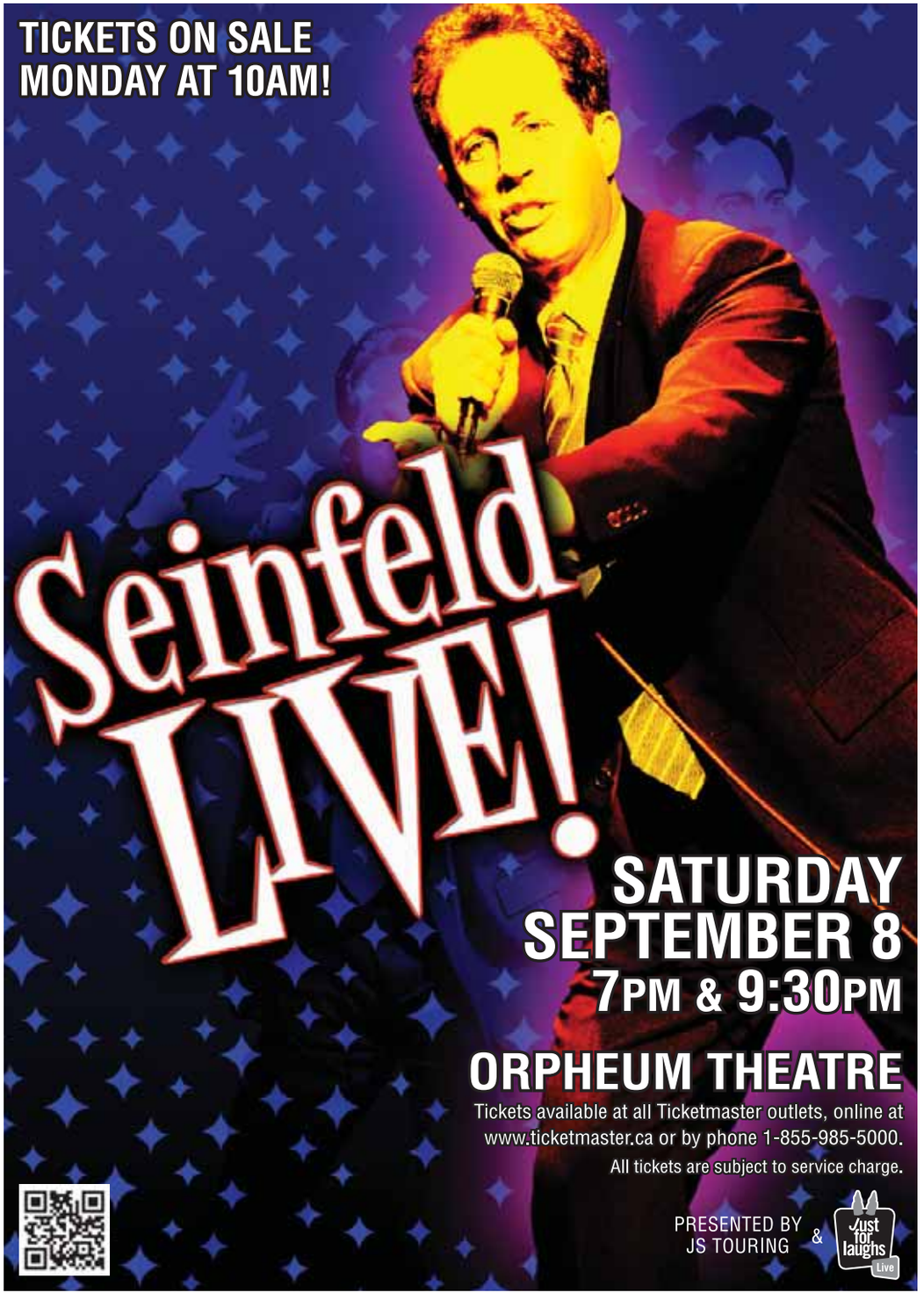
Toronto-born Connor Jessup is happy that his Falling Skies character is getting more exciting things to do next season. BENNY HADDAD/THE CANADIAN PRESS

What was your reaction when you heard how much more you'd have to do?

It happened in stages. We found out that the show was getting picked up for a second season in July, almost a few weeks after it aired, but I didn't hear anything after that about what the season was about or what was happening, until September, which was only three or four weeks before we started shooting. So it's mid-September and I get a phone call from one of our executive producers and directors, Greg Beeman. I love him a lot, but he has a very succinct way of talking. He gets right to the point. He just said, "You're going to be an action hero. Buff up" and hung up, pretty much. He left me with that. I didn't know what it meant, I didn't know the context. All I knew was that I was going to be involved in the action stuff, and I had three and a half weeks to go to the gym.

Aside from a lot of time in the gym, you had to do some weapons training as well.

Last year, I was always very envious of the other cast members with their AK-47s and their pistols and grenade launchers and all those things. I was always kind of hoping that I could use one. I always thought that it was a distant possibility, but sure enough my character, beyond just using one, always has one now. So we had to go through weapons training before we started shooting, which is basically just a day of learning how to handle weapons, be safe with them because we fire a lot of blanks in the show. You get to pick your weapon in the show, so the guns end up reflecting the characters.



Walking Dead creator attributes his success to staying immature

A big game of chase. Zombie series' universal appeal comes from its simplicity and ability to keep viewers guessing what's next

The executive producer of AMC's wildly popular zombie series The Walking Dead has spent his life with one foot in the fantasy realm and the other in the real world.

The show, now renewed for a third season, premiered in 2010, and tells the story of a small group of survivors living in the aftermath of a zombie apocalypse.

The story takes place first in the Atlanta metropolitan area and then the surrounding countryside as the survivors search for a safe haven away from the shuffling hordes of predatory zombies or "walkers."

The show stars Andrew Lincoln as sheriff's deputy Rick Grimes, who wakes up from a coma to find the world dominated by zombies. He sets out to find his family and survivors along the way.

Quoted

"The Walking Dead is a success all around the world because it is the most basic, childish game you can play."

Glen Mazzara, Walking Dead showrunner explains the reason why his show works

"I have three passions I have had my entire life that are coming together in this unique project: comic books, TV and horror films," said Glen Mazzara, the showrunner and executive producer in a speech at the Banff World Media Festival on Tuesday.

But Mazzara's passions have never met with the approval from family, friends or teachers throughout his life

"My personal experience is anything I've been interested in as an adult or interested in as a child, an adult comes in and shuts it down and says it's not worthy. It's been a puzzle I've been dealing with my whole life."

Mazzara admits he is surprised by the success of the show, which is based on the long-running comic book of the same name. It is shown in 122 countries to huge ratings and has created a cottage industry with video games, action figures, board games and even playing cards.

"I feel that The Walking Dead is a success all around the world because it is the most basic, childish game you can play," he explained.

"It's the game of 'chase,' the game of 'I'm going to get you,' which is really just an advancement of 'peekaboo.'"

Mazzara is revealing very little information about future seasons of The Walking Dead other than plans to keep the viewer engaged.

"If I like this theory about keeping things in motion, keeping the audience on the edge of its seat — we'll see how long people want to play," Mazzara said.

"I'm like the dungeon-master, I'm the game master and the guy who says, 'Look out! I'm going to get you.'"

THE CANADIAN PRESS

The Walking Dead's Glen Mazzara gets to combine his passions — comic books, TV and horror — in his show. BILL GRAVELAND/THE CANADIAN PRESS

English actor Andrew Lincoln stars in The Walking Dead as a suburban Atlanta sheriff's deputy who awakes from a coma to discover that his world is now dominated by zombies. HANDOUT

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Arquette making divorce official

David Arquette, after nearly two years of separation, has finally filed for divorce from Courteney Cox, according to TMZ.

The papers, however, list the official date of separation as December 31, 2011.

Arquette apparently signed the papers in March but held off on submitting them until Tuesday, which would have been the couple's 13th anniversary. Arquette cited irreconcilable differences in the filing, and though he's asking for joint legal and physical custody of their eight-year-old daughter, Coco, he has not asked for spousal or child support.

Arquette also plans to represent himself in the proceeding.

David Arquette

Richards in splitsville

The apparent romantic rekindling between Richie Sambora and Denise Richards is now off, it turns out, according to Celebuzz.

"They're done," a source says. "They've always stayed friends through everything they've gone through. Sambora and Richards first dated in 2006 after splitting from their respective exes, Heather Locklear and Charlie Sheen.

Denise Richards

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lohan escapes a charge, earns a babysitter

THE WORD
Monica Weymouth
scene@metronews.ca

This Lindsay Lohan car crash is turning out to be especially hard to look away from.

Not only did the actress lie about who was driving, but now police have confiscated a plastic bottle full of alcohol from the rented Porsche's trunk, reports TMZ. Luckily, police have decided not to cite her with an open container violation, and she reportedly was not under the influence at the time of the crash. Lohan's employers, however, aren't willing to look the other way. The producers of her new Elizabeth Taylor biopic for Lifetime, Liz & Dick, decided to stop taking chances and hired her a driver.

"Lifetime will lose a ton of money if Lindsay doesn't finish filming Liz and Dick, plus they don't want anything to happen to her on their watch," a source tells PerezHilton.com. "So it was decided it would be cheaper to get her a driver. This is a make-or-break moment for Lindsay."

Nice start, guys. But we recommend adding a special ops team, a creative pharmacist, a lazy river and the fluffiest basket of kittens L.A. has to offer if you truly want to contain this girl.

Twitter

@rosemcgowan
I'd pay big money to watch Ken dolls in a fight club. Which is weird.

@goldiehawn
Off to Hungary with my Sis to discover our roots! Fun!!

@GeorgeMichael
Nothing to rant about, damn, must watch the news.....

@SteveMartinToGo
I just noticed a news item that says the Nobel Prize has shrunk from 1.4 million to 1.2. What's the point of going on?

Leonardo DiCaprio

DiCaprio coupling up with Heatherton

Leonardo DiCaprio appears to be serious about his latest girlfriend, Victoria's Secret model Erin Heatherton, whom he's been dating long-distance since December, according to Us Weekly.

Though he followed up filming The Great Gatsby in Australia by heading straight to New Orleans for Quentin Tarantino's Django Unchained, DiCaprio has been making more time for Heatherton lately, hitting the town in New York.

They were spotted fawning over one another at the restaurant Candela earlier this week.

And just last week, the pair hit up New York hotspot the Darby.

"They showed up hand-in-hand," a source says. "They were acting like a couple all night."

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Making a splash

After months of cloud and rain, you may feel self-conscious when showing off your sun-deprived body for the first time. However, covering up with a drab or unflattering swimsuit isn't going to help. Summer is your time to shine, so we picked the top eye-catching swimsuits that will ensure you make a jaw-dropping entrance, wherever you go.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

Lazy beach day: Seafolly

Tea Rose bustier bra in coral & siren pant in coral
$85 & $72
seafolly.com

Beach date: Zimmermann

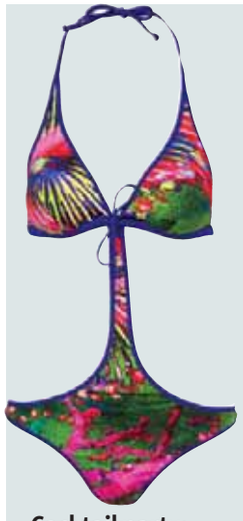
Savannah floral-print strapless swimsuit
top: $330
net-a-porter.com

Pool party: H&M

Turquoise/patterned bikini top and bottom
top: $4.95 & bottom: $4.95
hm.com

Girly get together: Topshop

Blue Rio Print One Piece swimsuit
$68
topshop.com



Cocktail party: ASOS

Bold Tropical Cut Out Suit
$52.19
asos.com

Buff and beach ready

RICHARD PECKETT
Metro World News in London

"I think sex sells for women also," says model Matthew Terry. Of course he would say that, being one of the current Calvin Klein Bold Underwear Adonises. You'll no doubt have borne witness to his seductive form in bright, 'bold' trunks stretched taut, abdominals gleaming, hair slicked back — the body perfect emissary of the global super brand.

The poster boy continues: "Especially if a girl sees an ad for men's underwear and she finds the model appealing, then maybe she'll buy the product for her boyfriend." I resist saying they want you and preferably without your pants on, seeing as he seems oblivious to the fact that he is the reason women swoon and men disdainfully stare at their turgid guts.

However, the body and look that we so admire with either lust or envy is the result of an Olympian-esque training regime (aside from the odd glass of wine) and you thought modeling was easy money. Tsk!

A healthy start

"I get up and exfoliate my back and neck and I wash with Panoxyl face wash — I use this twice daily because I have slightly oily skin." He is human after all. Terry adds, "For breakfast I eat an English muffin with peanut butter (high in calories but filled with the same monounsaturated fats as olive oil) followed by an apple or banana and a cup of decaffeinated green tea."

Warm weather workout for summer

"I try to hit all the muscle groups and recently I've been randomizing my workouts." In layman's terms that means short bursts of exercise per repetition, repeated ten times. Here's the drill: Bicep curls with 35 pound dumbbells; leg presses with a weight of 280 or 290 pounds to feel the burn; 20 leg raises to 90 degrees and down

The Pennsylvanian-born model says, "I drink plenty of water to avoid muscle cramps and I do the exercises for a maximum of two hours and a minimum of one hour." Bear in mind that Terry goes to the gym four times a week and might just "pump out 50 push ups on a day." Don't we all?

Hit the abs

"There are pieces of equipment that focus on the abdominals —personally I like the gym ball," admits the 20-year-old.

Here we go again: "Place your legs over the ball in a sit up position and get crunching. It hits your abdominals because of the angle and range at which you're working.

Try mixing it up with a twist to nail your oblique (side abdominals) muscles," he enthuses.

Top 2: Get body-conscious

Orlebar Brown setter

Short-length printed swim shorts
$265, mrporter.com

Calvin Klein

Bold trunks, $28
calvinkleininc.com

3 LIFE

Fashion Flash

Jeanne Beker honoured with award

After 27 years as host of FashionTelevision, Jeanne Beker was presented with the 2012 Canadian Award of Distinction at this year's Banff World Media Festival. Previous winners of the award include Howie Mandel, Eric McCormack and Kim Cattrall. "It's sort of one of those awards where you sort of wonder, 'Does this mean I've arrived or does this mean it's time to leave?'" Beker said with a laugh during a recent interview. "It's really humbling," added the host of FashionTelevisionChannel, Canada's first and only 24-hour channel dedicated to fashion, beauty and design. "I'm really surprised in some ways just because I can't see the forest for the trees sometimes. I remember early days of my career where I had to fight hard for credibility because I didn't always have it."

THE CANADIAN PRESS

On the Web

Louvre Museum opens storied hallways to Ferragamo fashion show, making history

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@Jeanne_Beker: Question: If YOU were ever to be honoured with a big lifetime achievement award — what would you hope it would ultimately be for?

@blingedout
spreading love, life, happiness & hope would be my greatest lifetime achievement award.. What about you??

@classictrash
as an activist for the LGBT community

@15000lives
having a positive impact that has improved many lives all over the world.

@coadygallant
for being active in Gay rights and equality in the world!

@kathyinbc
Extraordinary kindness.

@Jeanne_Beker: With fellow award recipient, the comedy genius Chuck Lorre

@Jeanne_Beker: Drooling over @KaraRossNY python bags @KellyClaman showroom. Divine!!!

@Jeanne_Beker: An ad illustration from the '80s for Toronto's chic "Mr. Smith" boutique, by Frederick Watson...

@Jeanne_Beker: A big-shot exec aka @TonyChapman is taking meetings at Banff in these socks. Would you trust him?

Roots and Line weave together

Northern knits.
Collaborators incorporate Canadian themes into new collection

A Canadian knitwear label is taking inspiration from some of the country's most notable cities and famed homegrown symbols as part of a new collaborative line with Roots.

Line Knitwear is partnering with the Canadian lifestyles retailer on the capsule collection.

The new fall-winter line is said to channel inspiration from classic techniques found in Fair Isle hand knitting traditions and also draws from four Canadian cities: Vancouver, Banff, Alta., Toronto and Montreal.

The rustic knits encompass both pullovers and cardigans and feature maple leaves, beavers and geometric tree-inspired motifs with punctuations of vibrant colours.

THE CANADIAN PRESS

The Kit

Canadian street style

Spotted in: Montreal

Stephanie Couillard

Sales representative at fashion showroom, Pony Ride.

Age: 23

What she's wearing:
Joe Fresh jacket, Mango knit sweater, Rich & Skinny jeans, Aldo booties.

Her inspiration:
"Lately my sartorial outlook is 'less is more.' I'm keeping it simple. Knits, jeans and booties are definitely my go-to look."

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THE KIT PHOTOBLOGGER: STEPHANIE BORIDY, LECHEAPCESTCHIC.COM

Set the stage for some heavy metal

Interior design.
Reclaimed metal gets new life as modern furniture, decor

To meld a hefty hunk of steel, brass or iron into anything at all requires heat, brawny machines and dangerous tools. To turn it into a beautiful piece of furniture requires a real craftsman.

One of metal's advantages is its longevity, so sourcing recycled materials is something many of these designers do.

The appeal of their modern pieces is the link they forge between a sweaty, gritty, centuries-old craft skill and sophisticated contemporary design.

Rafael Avramovich of Brooklyn, uses geometric motifs to craft mirrors and cage-like lights.

"What fascinates me about metals is the endless possibility in terms of creating a shape, getting the texture I want, the finish colour," he says. His Living in Harmony collection uses blackened iron, bronze, and rusted steel to create sculptural, armillary-style lighting fixtures and edgy furniture. He plays with dimension in a Mondrian-esque mirror and a side table perched on staggered metal shapes.

London-based furniture designer Jonathan Krawczuk experiments with the molecular composition of steel through a bowl that represents carbon and iron atoms in a 3D visual that's especially striking in bright primary colours. His Tarantula collection of powder-coated-steel, spider-legged tea lights is startling, and his Op-Art-inspired Cubic Bowl is functional sculpture.

Copper will be taking the stage through summer and into fall. Designers like the crossover aspect of the material; it's at home in a traditional living space as well as a modern one.

Dutch designer David Derksen of Rotterdam uses copper foil to craft a delicate, quilted-face cabinet perched on high legs, and faceted pendant lights.

David Shefa goes in a different direction: He uses galvanized iron and zinc-coated steel plumbing pipes to craft industrial-vibe tables, desks and floor lamps.

"By using an unexpected material, we achieve a new 'out of the box' design and get a chance to tell a different story," Shefa says of his lamps, which are whimsical, functional art.

THE ASSOCIATED PRESS

Mind bending

"What fascinates me about metals is the endless possibility in terms of creating a shape, getting the texture I want, the finish colour."

Designer Rafael Avramovich of Brooklyn, N.Y

Rafael Avramovich's Positive Space/Coffee Table, made of blacken steel finish with a circular glass top WORK AND DESIGN/THE ASSOCIATED PRESS

Rafael Avramovich's Harmonious Existence/Light Pendant lights of oxidized copper.
WORK AND DESIGN/THE ASSOCIATED PRESS

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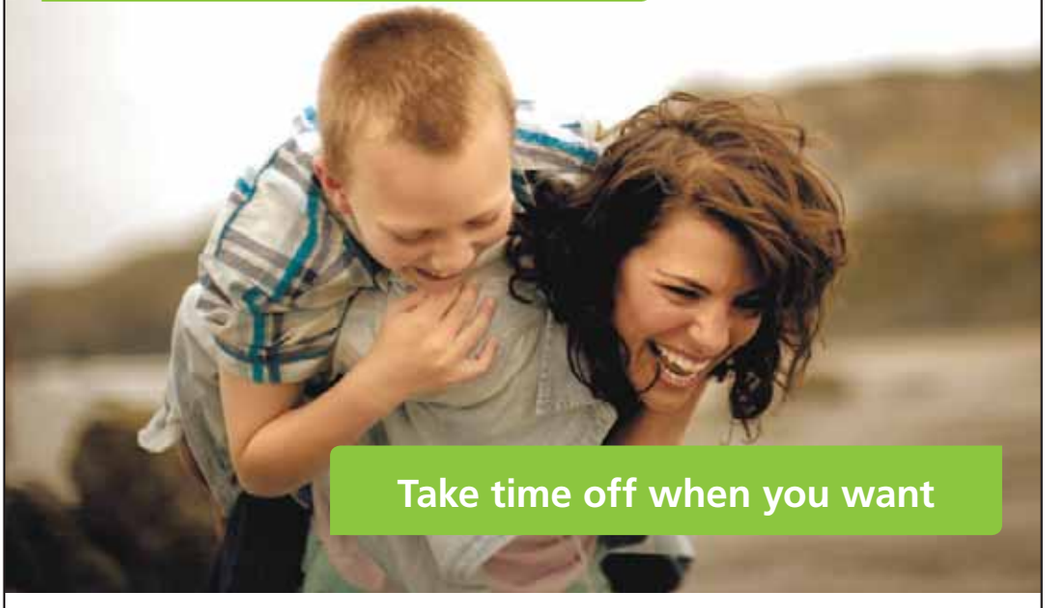

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Everything old is new again in carpet trends

Decor ideas. Faded, chopped and dyed carpets make for some pretty artful floors

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The look of handmade is everywhere in design and acts as a great juxtaposition to modern furnishings and art in a room.

Without exception, the floors are the most ignored part of any decor scheme. Why not add uniqueness to your space by adding a vintage rug?

The world is full of old, tattered, outdated carpets and what better way to recycle than to reinvent them into something hip and attractive?

Vintage re-vamp

"Second-life rugs can be bleached for a sun-kissed romantic look or over-dyed with rich saturated Andy Warhol-style acidic colours ..."

Saturated, over-dyed carpets create a modern look. These can add as much impact to the floors as art does to walls. Ryegrass Rug, $2,298 ANTHROPOLOGIE.COM

Faded carpets take on a sun-bleached look for a soft worn look. Ottoman Vintage #14330 Rug, $180. ECARPETGALLERY.COM

Colour-matched remnants of kilim carpets create a handmade and casual look for the floor. Patchwork Kilim Rug, $464 HOMESAV.COM

The earth-friendly trend is to reuse and revamp worn and outdated rugs into something fresh and artful for our rooms.

Second-life rugs can be bleached for a sun-kissed romantic look or over-dyed with rich saturated Andy Warhol-style acidic colours. Damaged rugs can be cut into large pieces and sewn back together for a patchwork of pattern in a room.

Too bad the design world can't figure out how to re-invent the rust velour recliner.

Unroll a little art

Rug rules

If the room is in desperate need of colour or pattern, then choose a glass or Lucite coffee table to show off your rug.

Too much colour for your liking? A wooden table or large ottoman will help break it up.

Use a rug to define an area in a room or hallway. Two or three short runners can break up a long hallway space and shorten the overall look while a collection of layered rugs can be easily moved around for a variety of looks.

In small spaces try to match the tone (light and dark) of the rug to the floor; it visually makes the space look larger if both match.

Patterned carpets are great for high-traffic areas as they show less wear and tear than a solid colour.

Don't excuse using outdoor woven rugs inside to take the wear and tear of a busy space.

Sweet dreams

Interested in a three-way in your bed?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Charles, What is the three-sheet bed-making process and why is this important? Why do we need three sheets? Curious

Hello Curious!
The three-sheet bed method is an older method that was used particularly when wool blankets were on the bed and these items were rough against the skin.

The third sheet covers the blanket and gets tucked in just like all of the other sheets on the bed. This third sheet made the bed softer and nicer so that you didn't feel the rough wool against your skin, and more importantly you didn't dirty the wool blanket, as washing it was very difficult.

If the bed had a duvet, it was then folded in a "three-fold" at the end of the bed and only used on very cold nights.

Although not common today, when you see a bed made in this fashion, and sleep in a bed made with three sheets, it is fabulous, luxurious and such a treat!

Lastly, often the "third sheet" had a family crest or initials in the middle of the sheet, which visually looks breathtaking.

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It's time to get ready for a season of garden parties with our round-up of some of the hottest, alfresco accessories on the market.

RICHARD PECKETT
life@metronews.ca

5 of the best outdoor decor

1

Alessi
wine cooler stand

$420
alessi-shop.com

2

Anthropologie
Vinhais Garden Pot, large

$98, anthropologie.com

3

Jasper Morrison
Folding air chair

$132, ambientedirect.com

4

Bruno Munari
Danese ashtray

$60, yoox.com

5

Mörkt
lantern for a tealight

$8, ikea.com

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Plants pretty enough to eat

Gardening ideas. Sweet potatoes for decoration? Some flowers and veggies do double duty

Sweet potato vines decorating window boxes? Blueberry plants prized more for their foliage than their fruit?

Some flowers and vegetables are as appealing in the home garden as they are on the menu.

"We generally are interested in something to eat when we grow vegetables. In some cases, however, certain vegetable cultivars have been bred and selected for their ornamental characteristics rather than their food quality," said Dan Gill, a Louisiana State University AgCenter horticulturist.

Ornamental sweet potatoes are a prime example, he said.

"They've been really popular in the last 15 or 20 years," Gill said. "The early ones can easily cover five square feet. Plant a few in a container and they will fill it in."

Sweet potatoes are vining plants, members of the morning glory family, so they work equally well as low-growing bedding plants, as ground cover, on climbing arbours or trailing from hanging baskets, he said.

"They can be aggressive, however. Breeders are developing hybrids that are less vigorous and that play well in mixed beds with other plants," Gill said. "They do produce an edible crop but they're not that tasty. Gardeners like them more for their coloured foliage."

Hostas are a great multi-use option for growers who like flowers that taste as good as they look. DEAN FOSDICK/THE ASSOCIATED PRESS

Garden of goodness

"We want consumers to surround themselves with flavourful beauty."

Scott NeSmith, a research horticulturist at the University of Georgia-Griffin campus

Blueberries are another great multi-use option, said Scott NeSmith, a research horticulturist at the University of Georgia-Griffin campus.

"We're seeking a variety of novel blueberry types, with (an) emphasis on berry colours, plant shape and form, fall colour, dwarfness and other interesting traits," he said. "We want consumers to surround themselves with flavourful beauty."

Just as there are ornamental fruits and vegetables, so, too, are there edible flowers and garden beauties that provide culinary treats.

Some nominees: Hostas (blooms), daylilies (tubers, buds), dandelions (flowers when picked young), marigolds ("poor man's saffron"), begonias.

Also there are sunflowers (buds), yucca (petals, fruit), lavender (blooms), nasturtium (leaves, petals).

A couple of cautions, however, about adding flowers to the menu: "Never use flowers for garnishing unless you know for certain they are edible," said Gill, adding, "Some flowers, like the plants that produce them, are poisonous."

Also, do not eat flowers that may have been sprayed with pesticides or picked along roadsides. Wash flowers thoroughly before plating up, and eat them in small quantities.

THE ASSOCIATED PRESS

Start digging and eating

Appetizing ornamentals:

- **Go green.** Kale, Swiss chard, parsley, chives, rosemary, sage and mustards.
- **Spice it up.** Black peppers, chili, sweet peppers and hops. The latter "beautifully and vigorously cover an arbour or fence, and the young strings taste quite good," said Rose Marie Nichols McGee, owner of Nichols Garden Nursery in Albany, Ore.
- **Berry good ideas.** Elderberries and strawberries.
- **Vegetable medley.** Eggplant, squash, zucchini, cabbage, artichokes and beets.

Ornamental sweet potatoes. DEAN FOSDICK/THE ASSOCIATED PRESS

Urban garden can be your inner-city oasis

Tips. Kate Gould tells you how to design your own piece of city bliss

RICHARD PECKETT
life@metronew.ca

The smog, congestion and the intensity of city life can leave you yearning for your own outdoor sanctuary. Of course, with space coming at a premium, a balcony, terrace, patio or a patch of garden is a small luxury.

It's a compact area that often goes to waste but award-winning garden designer Kate Gould has some innovative ways to create your own piece of urban Eden.

Small space, big impression

"The best small spaces are those that are bold and strong", says Gould. She adds, "In fact, super-sizing most things is a trick I often employ to avoid a scheme appearing bitty. Trying to achieve too much in a tiny area can result in a dilution of the overall effect. Pare down the design, assess the absolute minimum that you need and work from there." This amounts to: "Large format hard landscaping on the ground, unified boundaries and pots, planters or water features and sculpture all in scale with the furniture and floor tiles," explains the British designer.

Resort feel: Lighting trees produces dramatic effects. CONTRIBUTED

Illuminating ideas

Lighting is particularly important if you want to create a more relaxed mood for some al fresco entertaining. "Highlight architectural plants or a feature wall to create a focal point. Secondly, lighting trees produces dramatic effects particularly on species with interesting bark", describes Gould. If you're looking for something enchanting, "look for interior lit planters which emit light and use candles to create a welcoming ambience for dinner parties."

Private and intimate

Finding privacy in the city can be nigh on impossible, so designing an outdoor cocoon can seem like an attractive idea. "One option would be to extend garden fences with trellises and plant light, canopy trees like birch to create natural screening points. Alternatively, a large parasol over a table can create a certain amount of intimacy," suggests the expert.

Clutter buster

One of the major problems with compact spaces is finding the room to store outdoor accessories, particularly if you've got children's toys to keep out of sight.

The solution: "Cube seating is ideal as the chairs will slot under the table when not in use. Built-in storage also works well. This generally consists of beach-style seat constructed into a wall with a wooden top that can be lifted to reveal a storage space inside", says Gould.

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Blur the line between inside and outside

French doors. Summer is here, so why not let in loads of light and give yourself a view?

With warm air, lush gardens and inviting patios in season, you're sure to be stepping outside as often as possible. Why not refresh the entry into your outdoor oasis by installing beautiful French doors?

Host Amy Matthews helps homeowners tackle projects themselves on Sweat Equity which airs weeknights at 11 p.m. ET/8 p.m. PT on DIY Network Canada. Get inspired by Amy's knowledge and expertise and see below for some tips to take on the French door project yourself this weekend.

Basic Overview

French doors are a lovely option for a patio entranceway as they give a visual connection between indoor and outdoor spaces. Light is able to flow inside and you have a beautiful view of your patio and garden.

French doors can be used with a retractable screen door system if desired which is popular for patios to keep bugs at bay. Blinds can also be installed to provide some additional privacy if preferred — these can be easily opened when it's time to let in the light.

Planning

French doors need more space than sliding doors so be sure to plan for space around the door swing before getting started. There is the choice of both in-swing and out-swing fittings so you can select the option that works best for your space. Measure the width of the door and use this to calculate the radius of the door's swing by starting at the pivot point to ensure you have enough space.

Also measure the jamb depth of the opening as you will want to buy a door that fits inside this depth. Standard French door styles are available to fit standard door openings and manufacturers usually also offer custom options for older, more unique spaces.

Installation Tips

Buying a pre-hung French door kit will make installation much easier as it eliminates many steps. Look to your neighbourhood home improvement store for options.

Always follow the manufacturer's guidelines and be sure that each door is hung plum inside the door frame so that they close tightly. Also look for French patio doors with a three-point locking system as it provides additional security by locking the doors to the head jamb and sill instead of simply locking the two doors together. Ensure that the swing path of the French doors is clear of any furniture or tools before beginning the installation.

Got curious neighbours? Just install blinds for some additional privacy. ISTOCK IMAGES

Once complete, grab that cup of coffee, step through your beautiful new entranceway, sit down and relax. Whether you're going inside or outside you're sure to admire your handiwork.

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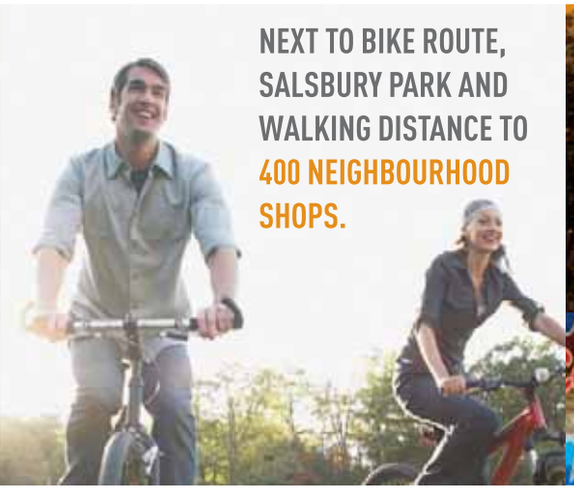

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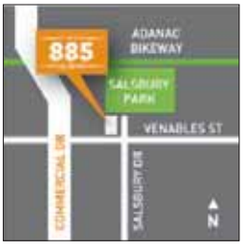


Ready to meet new meat? Say hello to cutting edge of carnivore world

The economy has prompted cost-conscious restaurant chefs to spearhead creative — and often less costly — new cuts of beef.

And when they do that, it usually doesn't take long for those cuts to move off the menu and into butcher and grocery shops.

To help get you grill with some of the newly popular cuts of beef, here are recipes for three meats on the cutting edge.

1. In a large bowl, stir together the oil, brown sugar, 1 teaspoon salt, 1 teaspoon pepper, garlic powder, onion powder, smoked paprika, cumin and cayenne.

2. Place the steaks in the bowl and massage the mixture into the meat, making sure to coat all sides. Allow to sit at room temperature for 30 minutes.

3. Heat the grill to medium-high.

Ingredients

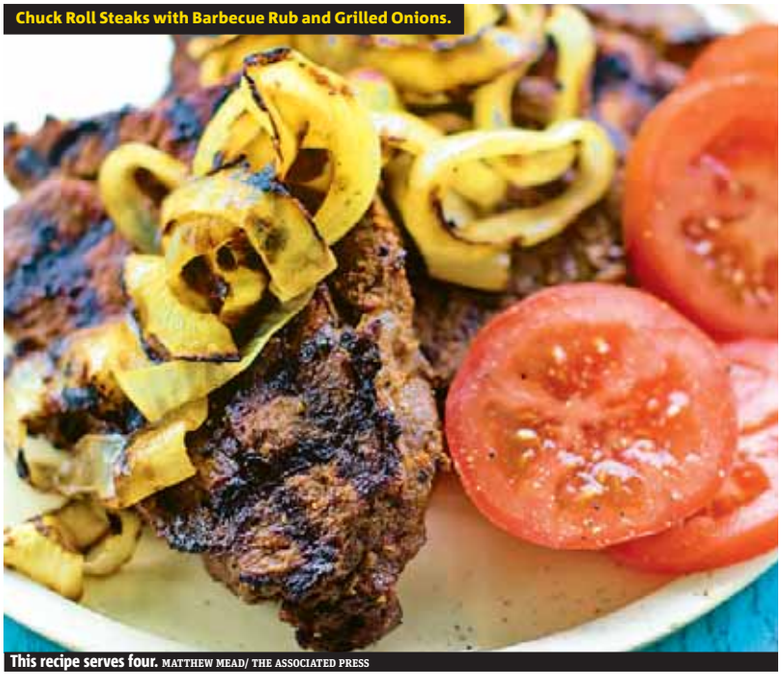
Start to finish: 45 minutes

- 2 tbsp vegetable oil
- 1 tbsp brown sugar
- Salt and ground black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp cayenne
- Four 12-oz chuck roll steaks
- 1 large sweet onion, cut into 4 thick slices

4. Season the onion slices with salt and pepper. Grill the onions without flipping them for 6 to 8 minutes, or until charred and tender. Grill the steaks for 4 to 5 minutes per side for medium-rare.

5. Remove the steaks from the heat and allow to rest for 8 to 10 minutes before serving. Serve with the grilled onions.

THE ASSOCIATED PRESS



Chuck Roll Steaks with Barbecue Rub and Grilled Onions.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Book of the week

Rethink how you cook your meat

In Charred & Scruffed, chef Adam Perry Lang produces layers of flavour by using new techniques that range from roughing up meat and vegetables ("scruffing") to cooking directly on hot coals ("clinching") to constantly turning and moving the meat while cooking ("hot potato"). Meanwhile, his board dressings and finishing salts build upon delicious meat juices.

The new techniques result in recipes such as Leg of Lamb, Clinched-and-Planked Shrimp, High-Low Boneless Rib Eye, Scruffed Carbonara Potatoes, Crispy Moonshine Onion Rings and more. METRO

Mix & Match. Fennel-Rubbed Denver Steaks with Fennel & Blue Cheese

1. Heat the grill to medium-high.

2. In a spice grinder or using a mortar and pestle, grind the fennel seeds. Sprinkle the ground seeds over both sides of the steaks, then rub into the meat. Season the steaks with salt and pepper. Season the fennel bulb quarters with salt and black pepper.

3. Soak a crumpled paper towel with oil. Clasping the paper towel with tongs, oil the grates of the grill. Grill the fennel quarters for 10 minutes, turning once during cooking. Grill the steaks for 4 to 6 minutes per side for medium-rare. Remove the steaks from the heat and allow to rest for 8 to 10 minutes.

4. To serve, arrange 2 fennel quarters on each plate. Squeeze some fresh lemon juice over them, then top with a sprinkle of blue cheese. Serve with the steak.

THE ASSOCIATED PRESS

Ingredients

Start to finish: 30 minutes

- 1 tsp fennel seeds
- 4 Denver cut steaks, 3/4-inch thick (2 lbs total)
- Salt and ground black pepper
- 2 fennel bulbs, white parts only, cut into quarters
- Vegetable or canola oil
- Wedges of lemon
- 1/4 cup crumbled blue cheese

Top teres major with cilantro-cashew pesto

Serves four. MATTHEW MEAD/THE AP

1. Heat a grill to high.

2. In blender, combine cilantro, olive oil, water, cashews and Parmesan. Blend until smooth. Season with salt and pepper, blend again. Set aside.

3. Season steaks with salt and pepper. Soak crumpled paper towel with oil. Clasping it with tongs, oil the grates of grill. Add steaks and cook over high heat for 8 mins. per side for medium-rare.

4. Remove steaks from grill and allow to rest 10 mins. Thinly slice the steaks across the grain and top with the pesto.

THE ASSOCIATED PRESS

Ingredients

Start to finish: 45 minutes

- 1 bunch fresh cilantro
- 2 tbsp olive oil
- 2 tbsp water
- 1/4 cup toasted cashews
- 1/4 cup grated Parmesan
- Salt and ground black pepper
- 2 lbs teres major steaks
- Vegetable or canola oil

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FATHER'S DAY

Thursday, June 14, 2012

Spending quality time with dad during Father's Day is a simple, yet thoughtful, gesture from the family. DESIGN PICS/THINKSTOCK

How to celebrate dad's big day

ASTRID VAN DEN BROEK
For Metro

You and the kids have breakfast in bed planned. Now what else should you do for Father's Day? Here are some other ways to celebrate the big guy this Sunday.

Make it from the heart

"To truly celebrate my role as a father, I would love to be recognized for the things I do day in and day out," says Jim Lin, the blogger behind busydad.com. And that recognition could even be as small as a homemade card or drawing telling dad why he really is the best dad ever.

"But if you want to indulge me on my special day, all I really want to do is spend the day enjoying my family without the usual distractions that come with it, such as chores, cleaning, watching what I eat and so forth."

However, if you are out of preschool and have grown out of making those homemade cards for dad, little heartfelt gestures go a long way — think taking dad out to do something he loves, from going for coffee to a game of tennis on the courts.

Keep it family focused

The point is to make it special and involve the family, says Chris Read, the blogger who writes canadiandad.com. "While a lot of guys would love to golf with their buddies or ride in a limo in Vegas, the real truth is that we have all year to do that stuff and this day should be about family," says Read. "Maybe give dad an hour to himself at some point during the day and that will be more than enough. Though, this depends on the lifestyles of the family."

Sleep, sleep, sleep

Give dad the ultimate gift any father can appreciate.

"On the actual day, a sleep-in is always a great way to spoil dad. They're a lot less frequent nowadays," says Nick Cheeseman, a father and blogger with Canadad (ncheeseman.blogspot.ca).

"For me, a day of family fun such as an outing to the zoo would be best the way to spend it. Just avoid maybe big brunches with the whole extended family or some time to watch the big game on the couch."

New ideas. Resist the urge to get the same old gift

Step away from the tie … and try getting something new for dad this Father's Day. Stumped for ideas?

We asked four daddy bloggers for suggestions on what to give dad.

Dads in their 20s-30s

"Try spoiling dad with things like breakfast in bed or an hour at a day spa — yes, modern dads also enjoy looking after their bodies well," says Stefan Korn, the blogger behind DIYFather.com. Many spas offer Father's Day packages that include services such as facials, massages, pedicures for men and more.

Dads in their 40s-50s

Help keep top of dad's mind while he is at work, suggests Warren Orlans, the blogger behind urbandaddy.wordpress.com. "Last year, I received a beautiful set of cufflinks, which are very much back in fashion for working dads," he says. Other ideas include a picture frame with the family's picture in it or a mouse pad with a picture of the kids on it.

"Give him something where he can be a kid again," says Nick Cheeseman, the Canadad blogger (ncheeseman.blogspot.ca). Think gifts such as a new football if dad likes to toss the ball around or a new Wii game just for him to play.

"Tickets to a sporting event or some advanced driving lessons — rally or race, not defensive — also works," says Cheeseman. "If you really want to splurge, how about a whitewater rafting trip with his buddies or a weekend kid free, especially with his wife."

Dads in 60s and older

Give dad a bottle of his favourite drink, suggests Korn. Get a little creative if you can — pair a bottle of spicy vodka with a can of Clamato, celery salt and pepperoni sticks or a bunch of celery for homemade Caesars, or a six-pack of beer plus an offer to take him on a brewery tour.

If you really can't decide what to get him, give the choice to dad. "Dads love gift cards to tool shops, sporting goods stores and electronics," says Chris Read, the blogger with canadiandad.com.

"Yes, gift cards are impersonal but they are what we like, so don't feel bad!"

ASTRID VAN DEN BROEK

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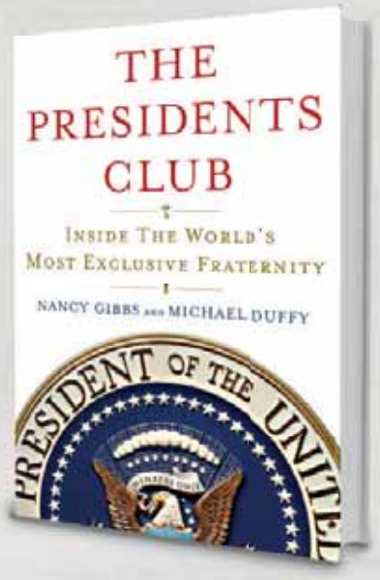
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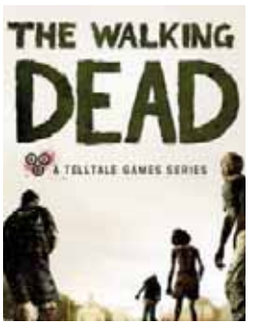


KAREN FALCON
For Metro

There is a whack of really great games (ESRB: M) out there and for a MSRP of $59.99, we encourage you to give your video-gaming dad the gift of hours of finger-numbing entertainment.

Diablo III
Microsoft Windows, Mac OS X
It's an intense action role-playing, dungeon crawling, hack and slash, online single-player, online multiplayer blockbuster. Now all dad has to do is lay cunning traps on his enemies, turn destructible objects against his foes, and battle the unholy forces of the Burning Hells. Easy, right?

Max Payne 3
Microsoft Windows, PS3, Xbox 360
A third-person shooter featuring single and multiplayer modes, Rockstar Games brings dad cutting-edge mechanics for precision gunplay and advanced new Bullet Time and Shootdodge effects.

No longer a cop, dad gets to play as Max — close to washed up and addicted to pain killers. Then, in an effort to escape his troubled past, he has to protect the family of a wealthy real estate mogul and he also gets to shoot stuff.

Lollipop Chainsaw
PS3, Xbox 360
Everybody knows dads love a good zombie hack and slash. Releasing just in time for Father's Day, Lollipop Chainsaw is the "un-deadly" story of sweet and killer chainsaw-wielding zombie-hunter Juliet Starling and her quest to uncover the root of a colossal zombie outbreak.

The Walking Dead: The Game
iOs, Mac OS X, Microsoft Windows, PS3, Xbox 360
MSRP: $4.99
Five Monthly Episodes
Is dad hooked on The Walking Dead? If so, he might need this downloadable adventure game based on the comic book and TV series. In it, dad will be forced to make meaningful decisions, explore his surroundings, protect the orphaned girl named Clementine, and fight for survival while enduring the true horror of the zombie apocalypse.

Ghost Recon: Future Soldier
PS3, Xbox360, Microsoft Windows
In this tactical shooter, dad will be armed to the teeth with an arsenal of real-world high-tech weaponry only in prototype today.

Specialized in every area of combat, equipped for survival, and trained in absolute discretion, he will be among the few who possess the power, the adaptability, and the cognitive fortitude of the future soldier.

Father does know best

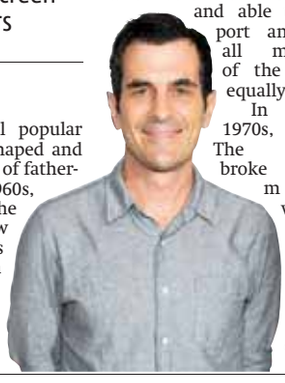
Pop culture. Dads on the big and small screen have shaped our behaviour over the years

PETER DOYLE
For Metro

"I'm not a father, but I play one on television"

As much as we may like to deny it, popular television shows and movies shape our behaviour. Fatherhood is no exception. Here is a quick guide to some well-known fathers and how they influence our take on fatherhood.

Television
Television, like all popular media, has both shaped and reflected our views of fatherhood. In the 1960s, programs such as the Andy Griffith Show idealized fathers as upstanding men who were free from vice and able to support and love all members of the family equally.



Ty Burrell plays Phil Dunphy on the comedy Modern Family.

In the 1970s, All In The Family broke the mould with a father whose foibles and bigotry provided comic relief. Despite his shortcomings, however, Archie Bunker managed to remain endearing.

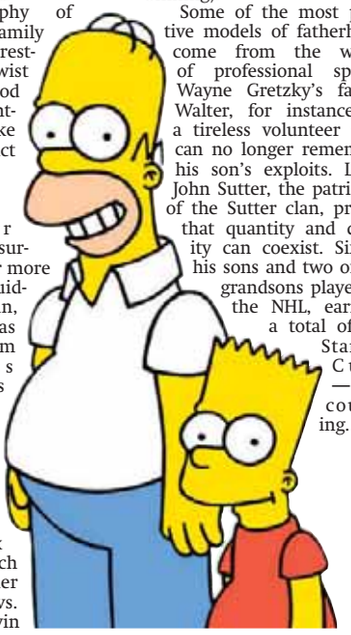
In the 1980s and 1990s, fathers took on a much broader range, from the comically hopeless Homer Simpson, to the letter-perfect Heathcliff Huxtable on The Cosby Show and the tragically spineless Ray Barone on Everybody Loves Raymond.

Phil Dunphy of Modern Family puts an interesting modern twist on fatherhood called "peerenting" — talk like a peer, but act like a parent.

Movies
Blockbuster movies, not surprisingly, offer more dramatic guidance. Again, the model has changed from matchless heroes such as Atticus Finch in To Kill A Mockingbird and George Bailey in It's A Wonderful Life to more complex characters such as Ted Kramer in Kramer vs. Kramer, Calvin Jarrett in Ordinary People, and Lester Burnham in American Beauty.

Perhaps the strongest lessons from movie fathers have to do with what to avoid: The family business (Don Vito Corleone in The Godfather), the dark side (Darth Vader in the Star Wars series), and winters spent in an empty resort (Jack Torrance in The Shining).

Some of the most positive models of fatherhood come from the world of professional sports. Wayne Gretzky's father Walter, for instance, is a tireless volunteer who can no longer remember his son's exploits. Louis John Sutter, the patriarch of the Sutter clan, proves that quantity and quality can coexist. Six of his sons and two of his grandsons played in the NHL, earning a total of six Stanley Cups — and counting.



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Food for thought

Is the best way to dad's heart through his stomach? If so, daddy bloggers dish on foods to spoil dad with.

Start with breakfast
In his seven Father's Days as a dad, Warren Orlans, the blogger behind urbandaddy.wordpress.com, looks forward to a special family breakfast.

"A good Father's Day starts with breakfast out and ends with a barbecue," says Orlans.

Bring on the meat!
"Break out the barbecue and surprise me with a giant piece of Canadian beef!" says Chris Read, the Ottawa-based blogger behind Canadian-dad.com.

"If that's not possible, there are always ribs or pizza."

Nick Cheeseman, the Canadad blogger (ncheeseman.blogspot.ca), says steaks and bacon are always welcome to pop. "But you could make it a bit more adventurous with lamb shanks or Osso Buco," he suggests. Want to cook it yourself? Search Metro News' food section (metronews.ca/food) or Foodnetwork.ca's site for inspiring recipes.

Don't forget the drinks
Read also suggests switching dad's drinks up for the day. "Father's Day isn't your run of the mill day so we don't want run of mill beverages," says Read, who prefers a glass of Crown Royal whiskey and Coke or a bottle of Steam Whistle beer. If dad is a wine lover, buy a bottle of his favourite wine and pair it with a wine appreciation course.

In the end, indulge
This is what dad really wants, says Jim Lin, the face behind busydadblog.com. "All dad wants is to enjoy indulging in comfort food to his heart's content," he says. "We don't need a fancy dinner. We just need a hunk of meat, or something dripping with cheese, drenched with sugar, deep fried, or all of the above. We generally avoid these foods because we want to live as long as possible to take care of our families. But these simple indulgences make us happier than you would ever believe."

ASTRID VAN DEN BROEK

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For the well-groomed father

JANINE FALCON
For Metro

Byredo Sunday Cologne is for mom to give to dad. Zesty with a pinch of spice and incense, the scent is sexier than its name suggests — in fact, its original moniker was Fantastic Man. From $170, Holt Renfrew.

L'Oréal Paris Men Expert Hydra Energetic X Total Skin Cleanser will appeal to dad's inner little boy — he gets to wash his face with something black. That its charcoal complex eats up oil and dirt is a bonus. $10.99, drugstores.

Kiehl's Facial Fuel Sky Flyin' Foaming Multi-Gel can serve as refreshing face wash as well as a satisfyingly rich lathering shave foam. $23, www.kiehls.ca.

Givenchy Play Sport is as invigorating and clean as one might expect of a sporty scent, but in keeping with stylish frontman Justin Timberlake, also has a cool, elegant vibe. From $65, Shoppers Drug Mart, Murale and Sephora.

Clarins Men Exfoliating Cleanser combines salicylic acid and lava powder to keep pores clear, get rid of patchy dry skin, and leave dad's face feeling smooth and clean. $32, The Bay.

Gillette Fusion Proglide 3-in-1 Styler is a precision mash-up of Braun shaver and ProGlide blades to help dad keep his beard, goatee or 'stache in good shape. $25.99, drugstores.

Neostrata Men Soothing Moisturizer employs a soothing botanical complex to reduce redness and skin sensitivity, as well as a potent peptide to boost skin's repair process. $29, well.ca.

Schwarzkopf Professional [3D]MENSION Hair & Body Shampoo offers dad zippy yet gentle cleansing for hair and skin, and makes a colourful splash in the shower stall. $15, drugstores.

YSL L'Homme Libre is a light, modern scent for dad, crisp with a hint of sweet and subtle warmth. $89, department stores.

Portland General Store Whiskey Natural Aftershave Splash is a natural blend of aloe, sea kelp, blue-green algae, black willowbark and tea tree oil — and the scent is more woodsman than old boozer. $18, Indigo Books.

From left, Kiehl's Facial Fuel Sky Flyin' Foaming Multi-Gel, Schwarzkopf Professional [3D] MENSION Hair & Body Shampoo, Portland General Store Whiskey Natural Aftershave Splash, Gillette Fusion Proglide 3-in-1 Styler, L'Oréal Paris Men Expert Hydra Energetic X Total Skin Cleanser, Givenchy Play Sport, and Byredo Sunday Cologne.

DAD-ISM #67
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Hey sport, how about playing catch

PETER DOYLE
For Metro

With Father's Day fast approaching, the pressure is on to find a memorable gift. This year, instead of another tie or a bottle of single malt, find something that appeals to his inner sportsman.

The first step is to consider which sports interest your dad: Does he play recreational hockey? Is he a golfer, a cross-country skier, a runner? There is a set of equipment and apparel for each sport.

Once you have chosen a sport, you will need to learn if there is something he needs. A little research will help: Get in touch with one of his teammates or buddies (e.g., tennis or golf partner). While many men tend to buy what they want when they need it, most often settle for low- to medium-quality. This might give you an opportunity to go for the gold: Giving him something of a quality higher than he would buy for himself sends a clear message that you believe he is worth it.

If your dad is more fan than player, start by making a list of his favourite teams. Merchandising is the cash cow of professional sports and the array of team branded gear expands daily: From chairs and key chains to rubber ducks, and iPhone and iPod covers. Another option is to buy a television or Internet package so he can watch to his heart's content.

If your dad loves books, buy a large-format tome such as Sports Illustrated's The Baseball Book or The Hockey Book. If he is a serious reader, consider Stephen Brunt's Gretzky's Tears: Hockey, Canada and The Day Everything Changed, or Searching for Bobby Orr. A more sentimental choice is Fathers and Sons and Sports, a collection of short stories and reports from a long list of great writers.

If your father goes to the gym regularly, consider a good quality bag for sports gear or toiletries. A few other ideas: A bike computer or pedometer, or camping gear, such as a headlamp or comfortable camp chair.

The best gift of all, of course, is the gift of time. So take your dad to a game, watch a sports-themed movie together or just play some catch in the backyard.

Wordle.net lets children stretch their imagination by thinking of expressive words that best describe their dad. CONTRIBUTED

Crafts. Handmade gifts that are made from the heart

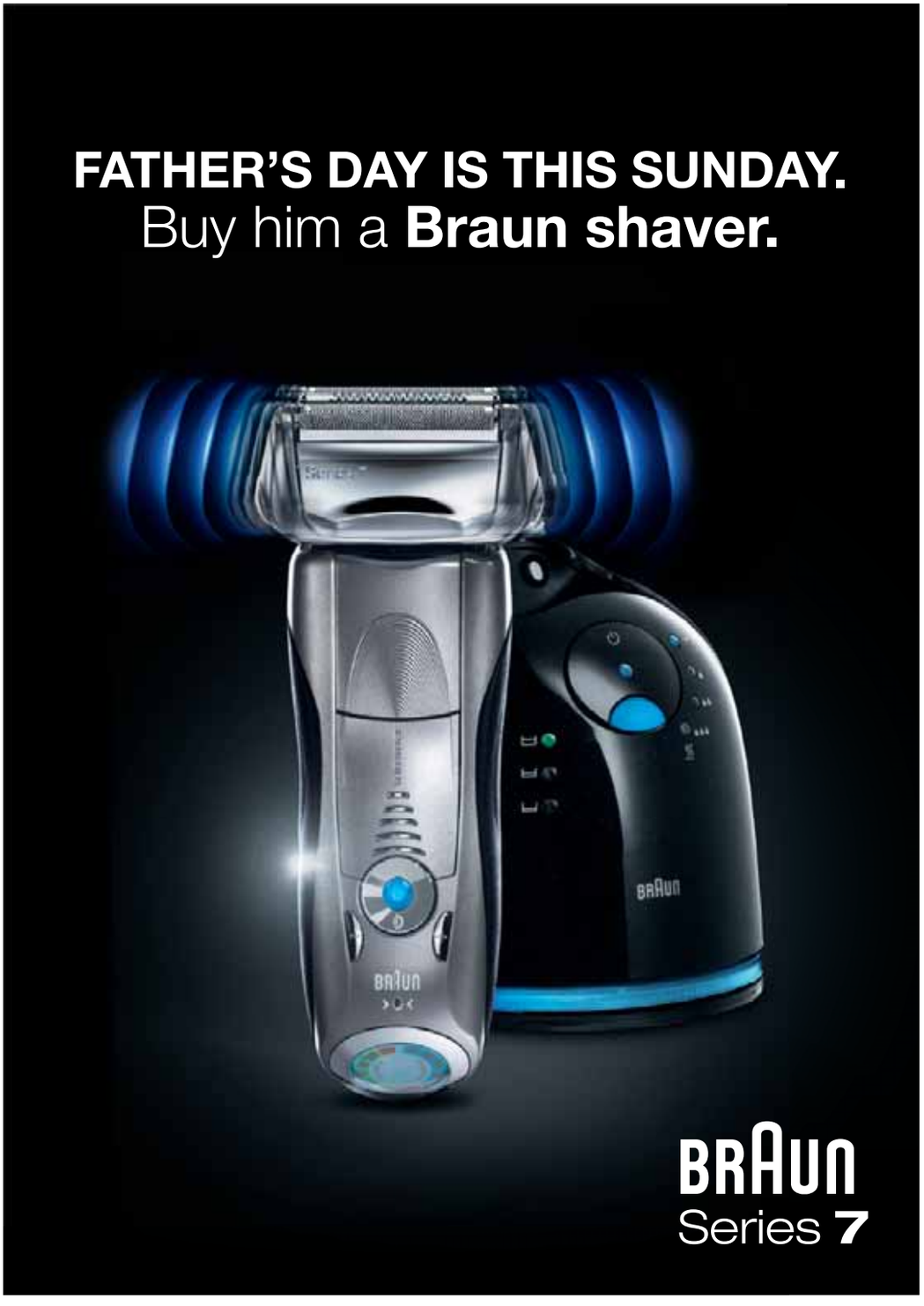
Nothing says you care quite like a personalized gift, so encourage kids to create their own mini masterpieces this Father's Day.

A perennial favourite is this tasty barbecue rub, says Oakville elementary school teacher Nina March. For this Emeril Lagasse recipe, combine 2½ tablespoons paprika with 2 tablespoons each of salt and garlic powder. Add 1 tablespoon each of black pepper, onion powder, cayenne powder, oregano and thyme and mix thoroughly. Pour into spice jars and you are good to go.

"Dads seem to like this gift so much that they often come back asking for the recipe year after year," says March, who has taught for 17 years. "When we do Father's Day gifts it reflects what kids think is important to their dads."

Coupon books are an inspired way to tell dad you love him. March encourages her students to design coupons that promise to make dad's life easier in some small way. Good options might be giving dad two hours of quiet time or assuring him you won't fight with your sibling at the dinner table.

Tech-savvy kids might enjoy this craft that fashions words into fun and funky artwork. Wordle.net lets children stretch their creative juices by thinking of expressive words that best describe dad. They might use dad, hockey, play and funny in their depiction. The website then spits out the words in different fonts, sizes and layouts. Print a copy and glue it onto construction paper. Children can make a puzzle-piece frame on card stock to complete the project.



Calvin Klein

YOUR GIFT

With the purchase of $58 and more* from the Calvin Klein men's fragrance collection, receive this Calvin Klein messenger bag

*Before taxes. Offer excludes gift sets. One per customer – while quantities last

Sears

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Calvin Klein

fragrances for men

Gizmos & Gadgets

New iPad — $519 and up, left, and Samsung Galaxy SIII — $149.99 with contract.

MIKE YAWNEY
For Metro

Forget the cologne and ties, true love is shown through technology! Here are some of the best tech gadgets guaranteed to put a smile on your dad's face this Father's Day.

Samsung Galaxy SIII — $149.99 with contract

A smartphone with some serious technology! Control your phone with your voice or send video files up to 1GB in size by simply tapping it against another Galaxy SIII phone.

The front camera also tracks your eye movement, knowing when to dim the screen and when to keep it bright, even if you aren't physically holding the device. One of the hottest smartphones of the summer!

Ballistic Hard Core Case — $49.99

Ultimate protection for your smartphone. Ballistic cases have five layers of protection to guard against drops, fingerprints, scratches, and dust. It's also water resistant. As one of the highest rated cases on the market, this case can handle even the toughest work sites. Available for numerous smartphones.

New iPad — $519 and up

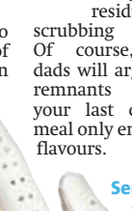
With a million more pixels than your HD TV, the retina screen on Apple's new iPad must be seen to be believed. Watch sports, read your favourite publication or download one of the more than 500,000 apps now available in the App Store. Still one of the best tablets on the market.

iGrill — $79.95

Never overcook another steak again! The iGrill cooking/grilling thermometer communicates with your iPhone, iPod or iPad via Bluetooth so you can see the temperature of your meat in real time. Two probes means you can monitor two different cuts of meat at the same time. Best of all it has a range of 200 feet!

Grand Grill Daddy Cleaning Brush — $50

Use the power of steam to clean that barbecue grill. Fill this brush with water and watch the steam remove baked on food, grease and old residue. No scrubbing required. Of course, some dads will argue the remnants from your last charred meal only enhances flavours.



SensoGlove — $89.99

The first golf glove with a built-in computer to help improve your game. Sensors detect your grip, giving audio and visual feedback to let you know when your grip is too tight. If the glove wears out, simply transfer the computer to a new one.

LEGO Heavy Weapons — $16

A project for mature LEGO lovers. LEGO Heavy Weapons gives detailed instructions on how to build a collection of truly impressive 1:1 scale working replicas of the world's most iconic firearms. A challenge for even the most serious builders.

HYT H1 Titanium Watch — $47,000.

Nest Thermostat — $250

Designed by the inventor of the iPod, Nest is a thermostat that learns your habits so it knows when to cool or heat your home, saving you money. Since Nest connects to the Internet you can control the temperature in your home from anywhere with your smartphone.

HYT H1 Titanium Watch — $47,000

An amazing blend of luxury and technology. Tiny bellows gently pump luminescent liquid around a ring on the face of the watch to display time. It's the first watch of its kind, gaining attention worldwide. Too bad very few will be able to afford this pricey timepiece.

Clockwise, from top left, iGrill — $79.95, Grand Grill Daddy Cleaning Brush — $50, Nest Thermostat — $250, Ballistic Hard Core Case — $49.99, LEGO Heavy Weapons — $16, and SensoGlove — $89.99.

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New Westminster, British Columbia
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Total purchase: $ _____

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4 SPORTS

Perfecto

Matt Cain pitched the 22nd perfect game in major-league history and first for the Giants, striking out a career-high 14 and getting help from two spectacular catches to beat the Houston Astros 10-0 on Wednesday night. Cain's 125-pitch masterpiece for San Francisco featured a pair of great plays by his corner outfielders, and he got pinch-hitter Jason Castro on a grounder to third for his 27th and final out with the sellout crowd of 42,298 roaring.

THE ASSOCIATED PRESS

On the web

A bottle of unopened Budweiser was delivered to the Los Angeles Kings dressing room the night they lost the 1993 Stanley Cup in Montreal. Scan the code to find out how, 19 years later, a former athletic trainer finally got to drink that beer from the Stanley Cup.

New doping charges 'baseless': Armstrong

Cycling. Seven-time Tour de France winner had hoped his fight to be viewed as a clean athlete was won

Lance Armstrong attends the 2011 Pan-Massachusetts Challenge in August 2011 in Bourne, Mass. GAIL OSKIN/GETTY IMAGES

For Lance Armstrong, the doping allegations aren't going away. In fact, they're starting all over again.

The U.S. Anti-Doping Agency has filed formal charges against the seven-time Tour de France winner, threatening to strip him of his victories in the storied cycling race.

Armstrong, who forcefully denied the accusations, could face a lifetime ban from the sport if he is found to have used performance-enhancing drugs. The move by USADA immediately bans him from competing in triathlons, which he turned to after he retired from cycling last year.

Armstrong has been dogged by doping allegations since his first Tour victory in 1999, but had hoped his fight to be viewed as a clean champion was finally won after U.S. federal prosecutors closed a two-year criminal probe in February without bringing any charges. Armstrong has said the investigation took a heavy emotional toll and he was relieved when it ended.

But USADA officials insisted they would continue to pursue their own probe into Armstrong and his former teams and doctors, and notified him of the charges in a 15-page letter on Tuesday. Unlike federal prosecutors, USADA isn't burdened by proving a crime occurred, just that there was use of performance-enhancing drugs.

In its letter, USADA said its investigation included evidence dating back to 1996. It also included the new charge that Armstrong blood samples taken in 2009 and 2010 are "fully consistent with blood manipulation including EPO use and/or blood transfusions." Armstrong came out of his first retirement to race in the Tour de France those two years.

Armstrong, who was in France while training for a triathlon, issued a statement dismissing the latest allegations "baseless" and "motivated by spite."

Even though he last won the Tour seven years ago, the 40-year-old Armstrong remains a popular — if polarizing — figure, partly because of his charity work for cancer patients.

The USADA letter, a copy of which was obtained by The Associated Press, accuses Armstrong of using and promoting the use of the blood booster EPO, blood transfusions, testosterone, human growth hormone and anti-inflammatory steroids. The letter doesn't cite specific examples, but says the charges are based on evidence gathered in an investigation of Armstrong's teams, including interviews with witnesses who aren't named.

THE CANADIAN PRESS

Quoted

"I have never doped, and, unlike many of my accusers, I have competed as an endurance athlete for 25 years with no spike in performance, passed more than 500 drug tests and never failed one."

Lance Armstrong in a statement dismissing the allegations.

CFL pre-season

Lions roll over Riders on strength of backup QB's three TD passes

44	10
Lions	Riders

Backup quarterback Mike Reilly threw for three touchdowns as the B.C. Lions thumped the Saskatchewan Roughriders 44-10 in CFL pre-season action Wednesday night.

Reilly, a 27-year-old Kennewick, Wash., native who is entering his third season with the Lions, completed 16 of 24 passes for 189 yards in two quarters of action. He also ran for 58 yards on seven carries. A strong B.C. defence rendered four Saskatchewan quarterbacks mainly ineffective.

It was the first game of the pre-season for both clubs. The Lions were looking for a strong burst from the gate as part of a bid to avoid another 0-5 start that befell them before they completed a late-season surge and won the 2011 Grey Cup.

Both B.C.'s Mike Benevides and Saskatchewan's Corey Chamblin worked the sidelines as head coaches in a CFL game for the first time.

Benevides replaced Wally Buono, who relinquished his coaching duties in December following a 22-year tenure with the Lions and Calgary to focus on his general manager duties. He has also received a vice-president title.

THE CANADIAN PRESS

Tennis. Nestor and Raonic to lead Canada's Olympic team to London

Olympic gold medallist Daniel Nestor and singles star Milos Raonic will lead Canada's tennis team at the London Olympics.

Nestor, Vasek Pospisil, Raonic and Aleksandra Wozniak were nominated for selection to Canada's Olympic team for London on Wednesday.

Nestor, who won Canada's only gold medal in tennis with Sebastien Lareau in 2000, will team up with Vancouver's Pospisil in doubles on the All England Club in Wimbledon, the Olympic venue for the sport.

Raonic, from Thornhill, Ont., and Wozniak, from Blainville, Que., will play singles.

THE CANADIAN PRESS

Quoted

"My dream came true today. I'm very excited and I'm sure that I'll be feeling many emotions once I'm there."

Aleksandra Wozniak

Olympics

Feds support Munich tribute

The federal government has unanimously supported an international movement to honour the 11 Israelis slain at the 1972 Olympics. The International Olympic Committee has refused requests to hold a special tribute at the London Olympic opening ceremonies, 40 years after the Israeli athletes were killed by Palestinian gunmen at the Munich Games.

A motion in the House of Commons by Liberal MP Irwin Cotler to support the initiative for a special tribute was adopted unanimously Wednesday.

THE CANADIAN PRESS

Diving. Canadian expects to compete in London despite head injury

Canadian diving star Alexandre Despatie is expected to compete at the Olympics in London despite a deep cut to his head from a diving accident.

The two-time Olympic silver medallist from Laval, Que., was training in Spain for this weekend's Grand Prix when he struck his head on the board full force Tuesday afternoon.

Despatie was performing an inward three-and-a-half at the time, during which his head spins back towards the board during rotation.

"It was a really out-of-the-ordinary, really freak accident in his case," Dive Canada chief technical officer Mitch Geller said Wednesday.

Alexandre Despatie GETTY IMAGES

THE CANADIAN PRESS

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L'ORÉAL PARIS MEN EXPERT

Complex case. Jurors resume deliberations in Clemens trial

In their final attempt to convince jurors that Roger Clemens lied to Congress, prosecutors basically called his wife a liar, too. In his closing, Clemens' lawyer Rusty Hardin characterized the case as "a horrible, horrible overreach by the government and everyone involved" and hammered away at the government's evidence.

Jurors, who met for 15 minutes Tuesday, resumed deliberations Wednesday as they work through a complex verdict sheet.

Two jurors have already been dismissed for sleeping, and U.S. District Judge Reggie Walton said at a hearing Wednesday — while the jury deliberated in a separate room — that Hardin noticed another one sleeping during his closing argument the day before. Walton said that Hardin told him that's why he had pounded the podium. THE ASSOCIATED PRESS

Rogers Clemens THE ASSOCIATED PRESS

Prison conditions

Mayweather denied request to serve jail time at home

Floyd Mayweather's demands that he be released from jail because the poor quality of the food and water has threatened his health were denied by a Las Vegas judge who says he should eat and drink what is being given to him behind bars. Justice of the Peace Melissa Saragosa wrote in her late Wednesday decision that water has been made available to Mayweather around the clock and the only reason he isn't eating properly is because he refuses to eat the provided meals. THE ASSOCIATED PRESS

Rory McIlroy of Northern Ireland hits an approach shot during a practice round Wednesday prior to the start of the 112th U.S. Open at the Olympic Club in San Francisco. HARRY HOW/GETTY IMAGES

No record score expected at this year's U.S. open

Golf. After last year's record-breaking round from Rory McIlroy, U.S. Open course out for payback

All it takes is one slight miss for this U.S. Open to get a whole lot harder.

Tiger Woods pushed his tee shot on the 670-yard 16th hole at the Olympic Club just enough to find the right rough, which was moist from the marine layer that covered the course Wednesday morning. The ball at least was sitting up, allowing him to take a cut with his 4-iron to get it back in play.

It's rare when Woods cannot reach a par 5 in two shots.

But having to smash a 3-wood from 256 yards for his third shot?

In the days leading up to the U.S. Open, the biggest debate was whether the toughest stretch at Olympic was the opening six holes, or all 18 of them. About the only consensus was there won't be a repeat of the score Rory McIlroy posted last year at Congressional — a record-shattering 16-under 268.

No one disputes the U.S. Open fulfilled its mission last year by identifying the best player in McIlroy. It just looked more like the Greater Hartford Open at times. In a relentless assault on a course softened by rain, McIlroy needed only 26 holes to reach double figures under par and he never let up until he had his name in the record book and an eight-shot win.

"We want this event to be a real challenge," USGA executive director Mike Davis said. "I think looking back, we identified the best player last year. He's been a wonderful champion. But at the same time, I wouldn't want to go through every year where we have four days of wet, soft conditions because it doesn't ... really embellish on what we're trying to do in terms of identifying a national champion."

THE ASSOCIATED PRESS

#22 DARREN MATTOCKS STRIKER
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MLB

Jays' Drabek hurt as Toronto swept by Nationals

For the second time in three days, the Toronto Blue Jays watched with concern as their starting pitcher walked off the mound in pain, too sore to keep going.

Monday it was Brandon Morrow, forced out after just nine pitches by a strained muscle in his left side. Wednesday it was Kyle Drabek, exiting in the fifth inning with soreness in his surgically repaired right elbow.

Stephen Strasburg won his fifth straight start, Tyler Moore hit the first two home runs of his career and the Nationals beat the Blue Jays 6-2 Wednesday to complete a three-game sweep.

Manager John Farrell and the trainer came to the mound after Drabek missed on an 0-1 pitch to Michael Morse, the second batter of the fifth. Drabek walked off the field and Aaron Laffey was called out of the bullpen.

Drabek lost for the third time in four starts, allowing four runs and seven hits in 4 1/3 innings. He walked two and struck out one. Jose Bautista hit his 19th home run for Toronto against Strasburg (8-1), a solo shot to left, but the Blue Jays fell below .500 for the first time this season (31-32).

THE ASSOCIATED PRESS

Nigel de Jong of the Netherlands tackles Mesut Ozil of Germany during a Euro 2012 Group B match on Wednesday in Kharkov, Ukraine. JOERN POLLEX/GETTY IMAGES

German win has the Netherlands facing early exit

Euro 2012. Gomez nets two first-half goals as Germans sit atop tough Group B

Mario Gomez left the Netherlands on the brink of elimination from the European Championship, scoring both goals in Germany's 2-1 win Wednesday over one of its historic rivals.

Gomez scored both in the first half of one of the most anticipated showdowns of the tournament.

Robin van Persie pulled one back for the Netherlands in the second half but the defeat leaves the 2010 World Cup runner-up dangerously close to going home.

"Early on we had decent chances but the German goals came out of nowhere," Netherlands coach Bert van Marwijk said. "We defended badly. Our offence and defence did not connect.

"Germany really has an excellent team. It has power, creativity and scoring."

Germany, a three-time European champion, has six points from two wins but is still not sure of advancing from Group B, where three teams could end up with six points. Earlier, Portugal beat Denmark 3-2.

"We've taken a major step and opened the door to the quarter-finals," Germany coach Joachim Loew said. "Now we have our destiny in our own hands against Denmark."

The Netherlands, along with Germany, is considered one of the favourites but was drawn into a tough group. It now has lost both group games and needs to beat Portugal to have a hope. Germany will need only a draw against Denmark to win the group.

THE ASSOCIATED PRESS

Quoted

"We had imagined all of this very differently."

Netherlands captain Mark van Bommel

Goal celebration

Ambush marketing could cost Bendtner

Nicklas Bendtner could face UEFA action for ambush marketing after he scored his second goal in Denmark's 3-2 loss against Portugal.

Bendtner's celebration Wednesday including lifting his shirt and dropping his shorts slightly to reveal a gambling firm's name on his underpants.

The bookmaker later tweeted a photograph claiming that Bendtner was wearing his lucky underwear.

THE ASSOCIATED PRESS

87th minute. Varela's late goal propels Portugal to victory over Denmark

Underperforming Portugal finally got a win. After a miserable run of four games without a victory and only one goal scored, the Portuguese came through with an 87th-minute goal from substitute Silvestre Varela to beat Denmark 3-2 in Group B of the European Championship.

Portugal also got first-half goals from Pepe and Helder Postiga. The Danes replied with a pair of goals from Nicklas Bendtner. The Denmark striker found the target just before halftime and then made it 2-2 in the 80th. THE ASSOCIATED PRESS

Silvestre Varela, right, of Portugal celebrates scoring in the 87th minute against Denmark with Joao Moutinho. ALEX LIVESEY/GETTY IMAGES

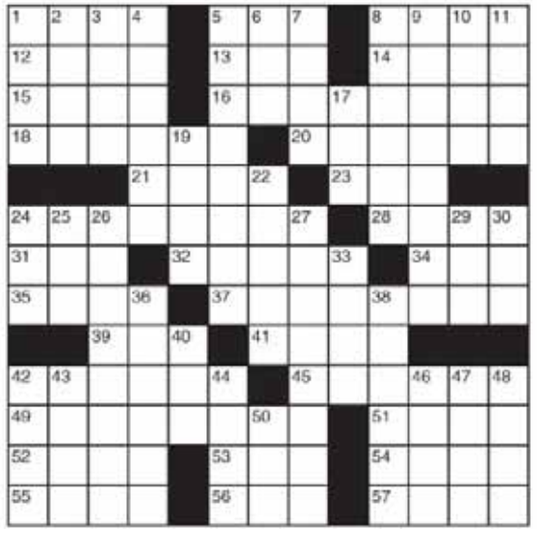
Crossword

Across

1 Venomous snakes
5 "The A-Team" actor
8 Borders
12 Beehive State
13 — de cologne
14 Sandwich cookie
15 Easy gait
16 Clever plan
18 Snow White's allies
20 Melee
21 Land map
23 Set of parts
24 Poker hand
28 Prevalent
31 Have bills
32 Prepare to drive
34 Neither's mate
35 Luxurious
37 Alien
39 Also
41 Opposed
42 Handy
45 Vessel for boiling
49 Noncommittal position
51 Teeny amount
52 Noble
53 Festive
54 Pressing need?
55 Argument
56 Type units
57 Albacore, e.g.

Down

1 "— Lang Syne"
2 Pack cargo
3 One of the Three Bears
4 Himalayan guide
5 Some notes
6 Snitch
7 Surf and —
8 Pompous talk
9 Putting up
10 Grand-scale prefix
11 Beans used in miso
17 Noah's boat
19 Move like a moth
22 Eighth Greek letter
24 Bribe
25 Pair
26 Roadside stop
27 Jailers
29 Enemy
30 Blunder
33 Liver spread
36 Capital of Tasmania
38 Fool
40 Ancient
42 Mail-truck abbr.
43 Dance lesson
44 Rim
46 From one end to t'other
47 "The — King"
48 Sicilian volcano
50 Fugitive's flight



Sudoku

	9	6	1					
7				8				9
				4				1
2		8			3		9	
6	5						8	7
	4		2			6		5
8				6				
5				1				3
					9	7	5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	1	5	9	8	7	4	3	2
8	3	7	4	6	2	1	5	9
2	4	9	1	3	5	7	6	8
5	7	6	2	1	8	9	4	3
1	9	8	6	4	3	5	2	7
4	2	3	5	7	9	6	8	1
7	8	1	3	5	4	2	9	6
3	5	2	7	9	6	8	1	4
9	6	4	8	2	1	3	7	5

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

TX IDJHNGIIO JPCOI YN YPSI ONDI WIXWIOZTKM OTJO NX ONEP, DTMZY YZIG QI EWTKSTKM QWIPS XHCTE?

Saturday's Cryptoquip: THE PASTOR ALWAYS SAVED SOME ROOM FOR WHAT HAD BECOME HIS FAVORITE DESSERT, PREACH MELBA.

Today's Cryptoquip Clue: X equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 14°/10° Variable
Friday 19°/13° Partly cloudy 40%
Know what the weather will be 14 days from now. Check the 14 day trend.
TWN incorporates MSC data

Horoscope

Aries | March 21 - April 20. You'll hear what you want to hear today and ignore anything that does not fit in with your preconceived ideas. But why limit your thinking?

Taurus | April 21 - May 21. Don't worry if you're not doing much on a practical level because this is a time for thinking and planning.

Gemini | May 22 - June 20. This could be a stressful day, especially where relationships are concerned. Misunderstandings are likely but how you let them affect you is a matter of choice.

Cancer | June 21 - July 22. When the pressure gets to be too much, you can get emotional. The planets warn that a small emotional explosion is likely today. But it's better than a big one later!

Leo | July 23 - Aug. 22. It's not like you to be emotionally distant but something has annoyed you and now you are keeping your distance from certain people. It'll pass.

Virgo | Aug. 23 - Sept. 22. Try not to make promises you may not be able to keep today because if you let people down, they won't be too happy about it.

Libra | Sept. 23 - Oct. 22. Others are unlikely to react well if you are critical of their efforts today. They may be doing it wrong, but pointing out their faults and failings isn't likely to endear you to them.

Scorpio | Oct. 23 - Nov. 21. One moment you are too generous and the next you are too tough. It may be a reaction to other people's inconsistencies.

Sagittarius | Nov. 22 - Dec. 21. Colleagues and employers will look kindly on you today, so if there is anything you want from them now would be a good time to ask.

Capricorn | Dec. 22 - Jan 20. You seem concerned with personal relationships at the moment but until the Sun moves into your opposite sign on the 20th, you won't be able to change much for the better.

Aquarius | Jan. 21 - Feb 18. If you are not enjoying what you are working on then it's pretty obvious you are working on the wrong thing.

Pisces | Feb. 19 - March 20. You may be eager to show the world what you can do but if you are smart you'll hold off for a while. The Sun moves in your favour next week.

SALLY BROMPTON

Caption Contest

"Mom was right when she said ballet classes would be worth it one day."
Iris

GERALD HERBERT/THE ASSOCIATED PRESS

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Now with an additional 35% off of our every day low prices.

It seems that our 35% discount isn't enough of a savings but people may not realise how low our regular retail prices are when compared to other retailers. Our prices are so low that we've accidentally sold items below melt value because some of our prices have not yet been updated!

Sale ends July 15, 2012

Most jewellery priced at below wholesale.
35% discount now applies to gold sold by weight.

18kt yellow gold ring with cushion shaped flat topped blood stone (heliotrope), 19.6 grams
Appraisal value: $2,400.00
J&M Regular Price $1,219.00
J&M Sale Price $793.00

14kt gold ring with 7.0 mm Akoya cultured pearl surrounded by 15 diamonds (0.23cttw), 3.2 grams
Appraisal value: $1,300.00
J&M Regular Price $379.00
J&M Sale Price $247.00

Ladies 14kt yellow gold cluster ring featuring 10 marquis cut rubies (3.28 cttw) and 20 full cut diamonds (0.32 cttw)
Appraisal value $3,850.00
J&M Regular Price $1,739.00
J&M Sale Price $1,130.00

14kt white gold top and drop pendant with a 3.6 ct and 0.6 ct blue topaz and 43 diamonds (0.30 cttw), 2.1 grams
Appraisal value $1,600.00
J&M Regular Price $589.00
J&M Sale Price $382.00

14kt yellow gold ring with triangular cabochon cut ritulated quartz accented by 8 diamonds (0.12 cttw), 13.8 grams
Appraisal value: $2,000.00
J&M Regular Price $635.00
J&M Sale Price $413.00

14kt white gold slide pendant featuring 5 princess cut diamonds (0.64 cttw) surrounded by 29 full-cut diamonds (0.36 cttw) with 14kt white gold 18" modified fox tail link chain, 9.1 grams
Appraisal value: $2,600.00
J&M Regular Price $1,099.00
J&M Sale Price $715.00

18kt white gold bracelet, polished finishing, chess-style diamond cut pattern links, 18.21 grams
J&M Regular Price $1,490.00
J&M Sale Price $968.00

14kt gold bracelet with 36 diamonds (1.08 cttw)
Appraisal value: $6,200.00
J&M Regular Price $2,789.00
J&M Sale Price $1,812.00

Ladies' 14kt yellow gold dual strand rope style bracelet with five faceted amethysts (4.12 cttw), 11.6 grams
Appraisal value: $1,850.00
J&M Regular Price $759.00
J&M Sale Price $494.00

Ladies 18kt white gold classic ring featuring a 0.36 ct diamond SI-2 F and 13 baguette/tapered baguette diamonds (0.41 cttw), 3.5 grams
Appraisal value: $2,900.00
J&M Regular Price $1,339.00
J&M Sale Price $870.00

14kt two-toned mens' wedding band, 7.3 grams
J&M Regular Price $473.00
J&M Sale Price $377.00

14kt yellow gold stylised cross pendant with partially rhodium plated matte and polished frame with polished tips and 10 full cut diamonds (0.10 cttw), 4.1 grams
Appraisal value: $850.00
J&M Regular Price $355.00
J&M Sale Price $230.00

Ladies 14kt yellow gold ring featuring a 2.40 ct medium purple faceted amethyst, 4.6 grams
Appraisal value: $1,000.00
J&M Regular Price $339.00
J&M Sale Price $220.00

Ladies' 14kt rose gold ring featuring a 25.0/18.0mm cabochon cut aventurine quartz surrounded by tree rows of twisted wire detailing, 13.3 grams
Appraisal value: $1,350.00
J&M Regular Price $659.00
J&M Sale Price $429.00

.950 platinum band, 4.69 grams
J&M Regular Price $565.00
J&M Sale Price $365.00

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